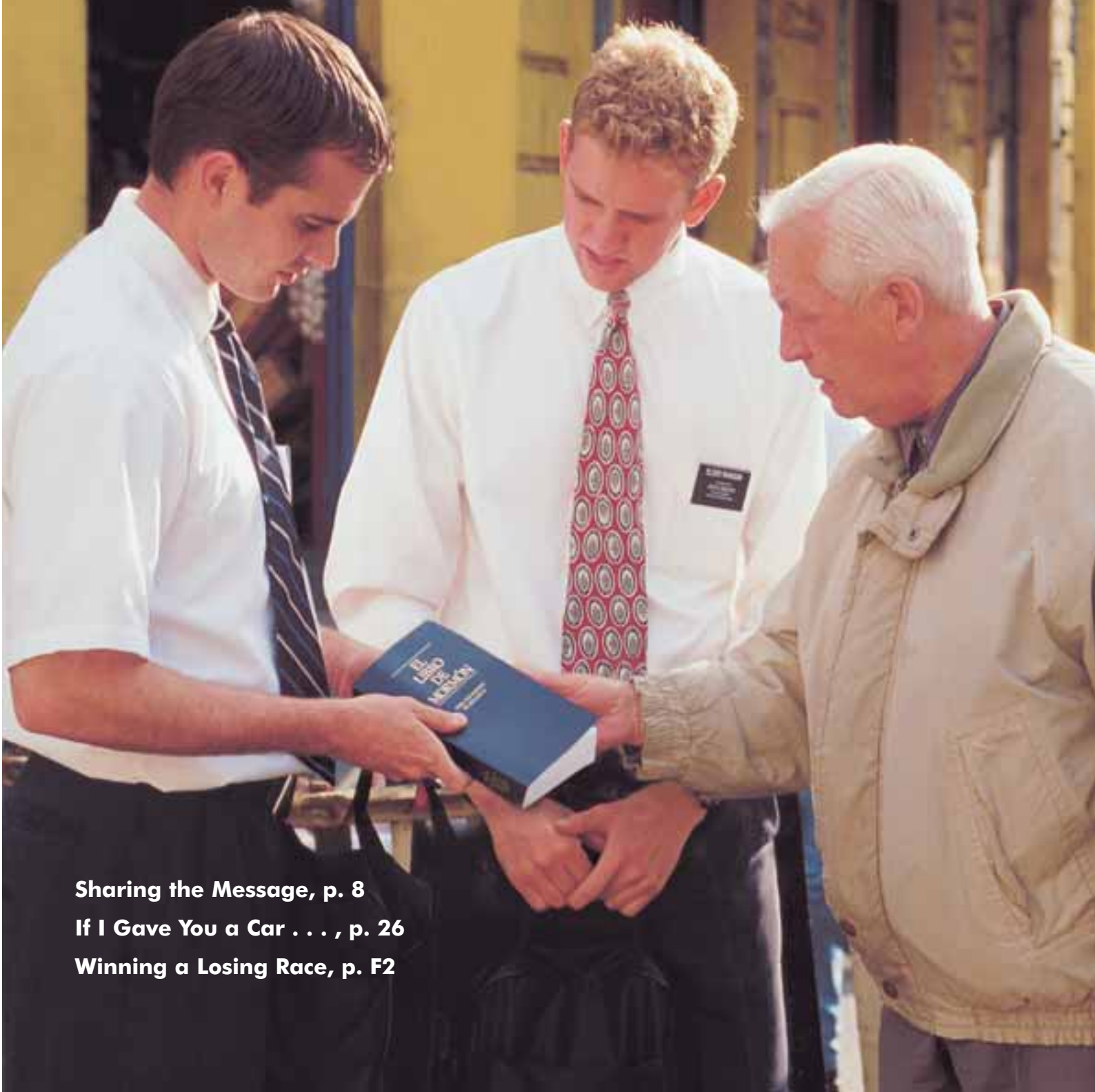


Liahona



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Liahona



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Family Home Evening Ideas



"Teaching from the Heart,"

p. 8: If you have children who are nearing mission age, you may wish to base a family home evening lesson on this interview with Elder Richard G. Scott and Elder Charles Didier. Explore ways your children might prepare themselves to teach from the heart and by the Spirit. One way you might practice these principles is to regularly give children and youth the opportunity to teach family home evening lessons.

"Teaching Our Children to Accept Differences,"

p. 16: Read Sister Gayle M. Clegg's analogy about learning a second language after age eight. Talk about why some people speak with accents. Ask family members to give examples of other types of "accents" that are harder to eliminate as people grow older. Discuss attitudes you and your family might have that are difficult to change; then set a goal to replace them with more Christlike attitudes.

"You're in the Driver's Seat,"

p. 26: Read President Boyd K. Packer's analogy of the car. If your teenager has a prized possession, something he or she would not want you to lend to just anybody, use this object as a similar analogy to help your teenagers understand why it is your business to know who they are with, where they are going, and when they will return home.

"Scriptures in a Suitcase,"

p. F6: Read with your family the story of Keryn's dilemma at camp. Ask if any of them have ever had a similar experience when they were a little hesitant to pray or read the scriptures in front of others. What did they do? Ask for other ideas about how they could be missionaries in their everyday activities.

"Strengthening My Family,"

p. F10: Elder Robert D. Hales and Elder Joseph B. Wirthlin mention several things children can do to strengthen their families. Ask your children what they can do to help strengthen your family. Complete one of the activities included with this article.

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Inspirational Thoughts

BY PRESIDENT GORDON B. HINCKLEY

A Marvelous and Wonderful Work

“What a marvelous and wonderful work [this] is . . . when you think of all the effort that goes into it and how much is expected of you. . . . This is the Church and kingdom of God. This is the work for which the Savior gave His life. We are serving with Him in the great work of the Father to bring to pass the immortality and eternal life of mankind [see Moses 1:39]. How important it is and how glorious it is to see what is happening, to see it spread across the earth” (meeting, Worcester, Massachusetts, 23 Mar. 2002).

The Only True Church

“The Lord said that this is the only true and living church upon the face of the earth with which He is well pleased [see D&C 1:30]. I didn’t say that. Those are His words. The Prophet Joseph was told that the other sects were wrong [see Joseph Smith—History 1:19]. Those are not my words. Those are the Lord’s words. But they are hard words for those of other faiths. We don’t need to exploit them. We just need to be kind and good and gracious people to others, showing by our example the great truth of that which

we believe and leading them in the direction which we would like to see them go” (regional conference, North Ogden, Utah, 3 May 1998).

Miracle of Mormonism

“What a wonderful thing we have in the gospel of the Lord Jesus Christ to reform people’s lives, to make them better, to lift their reach and look to the stars and make something good of their lives. Miracles happen when people accept the gospel. We see people who are dragging along in their slothful ways. The gospel touches their lives, and they come alive. Something really wonderful happens. I call it the miracle of Mormonism, this marvelous transformation that takes place in the lives of people” (meeting, Boston, Massachusetts, 16 Oct. 1998).

Church Is Moving Forward

“The Church is moving forward. Never has there been a day in the history of this Church when the Church has moved forward with greater vitality than today. How fortunate we are to be a part of this great movement which is going over the earth to change the lives of



“This is the work for which the Savior gave His life. We are serving with Him in the great work of the Father to bring to pass the immortality and eternal life of mankind.”

“All of us need to stand up and declare the truth. Walk in faith and faithfulness. Do good. Help others and bring glory to the great cause of the Lord Jesus Christ in these latter days.”

people, to make them wish to live better, to do better, to give them a knowledge of the plan of salvation, to bring to them recognition of the meaning of the great Atonement of the Savior, to bless their lives wherever they may be found” (regional conference, Houston, Texas, 19 Sept. 1998).

Bring Credit and Honor to the Church

“Let everything that you do bring credit and honor to the Church, of which you are a member, and the Lord will bless you and magnify you. Let there be no animosity among you but only love, regardless of race, regardless of circumstances. Let us love one another as the Lord would have us do” (meeting, Nadi, Fiji, 21 May 2001).

These Are the Days of Restoration

“‘Repent ye therefore,’ said Peter, ‘and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord; and he shall send Jesus Christ, which before was preached unto you: whom the heaven must receive until the times of restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began’ (Acts

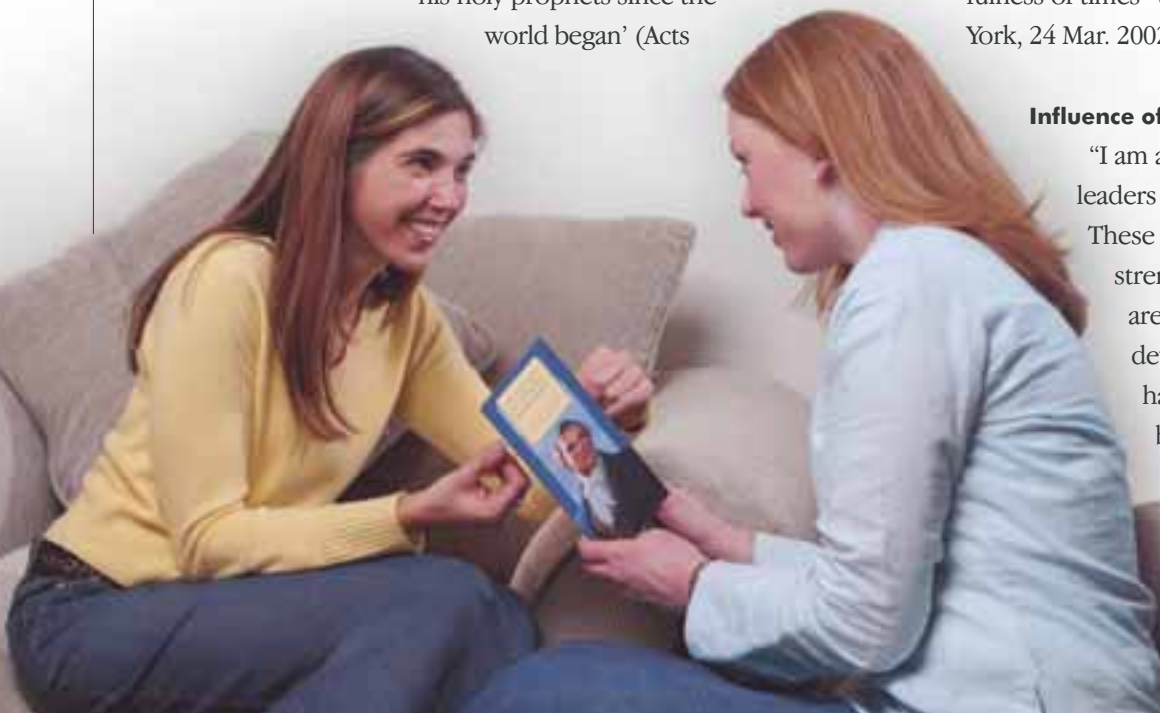
3:19–21). These are the days of restitution. These are the days of restoration spoken of in the Holy Bible plainly and forcefully by Peter the Apostle and by Paul. I repeat, you and I are a part of prophecy fulfilled, a part of the divine plan of the God of heaven, that there should be a falling away and that there must be a restoration” (meeting, Hamilton, Ontario, Canada, 8 Aug. 1998).

A Great and Marvelous Family

“You are part of a great and marvelous family—more than 11 million strong and scattered throughout some 160 nations—who carry in your hearts a great and strong conviction of the reality of God our Eternal Father, of the reality of the Lord Jesus Christ, of the actuality of the Holy Ghost and its power to influence you and affect you, of the fact that God has moved again in this dispensation to restore His work and bring to pass His eternal purposes in this, the dispensation of the fulness of times—this glorious and wonderful period in the history of the earth when He has gathered together all of the wonderful things of all previous dispensations in this, the great and final and last dispensation—the fulness of times” (meeting, New York, New York, 24 Mar. 2002).

Influence of a Generation

“I am amazed at the quality of leaders who are being developed. These are men and women of strength and capacity. They are quick learners. They are devoted and faithful. They have become better husbands and fathers and wives and mothers under the family-strengthening programs of the Church. They



are an asset to the society of which they are a part, as will be the generations who come after them. That is the beauty of this work. When you touch the life of a man of this generation, that influence is felt through generations yet to come” (remarks to National Press Club, Washington, D.C., 8 Mar. 2000).

Called to Serve

“We are sort of garden-variety people whom the Lord picks up, one here and one there and another over there, and makes a bishop or a stake president or a mission president or a temple president or whatever. The marvelous and wonderful thing is that he rises to that responsibility under the inspiration and power of the Lord” (meeting, Richmond, Virginia, 14 Nov. 1998).

Let Us Be Latter-day Saints

“Let us live the gospel, my brothers and sisters. Let us as husbands treat our wives with respect and honor and dignity. Let us as wives treat our husbands with love and concern and helpfulness. Let us as parents, as fathers and mothers, treat our children, who are sons and daughters of God, with respect and love and helpfulness. And let us as children be obedient to our parents, following their counsel and seeking to walk after the ways which they point out to us.

“Let us be faithful in the payment of our tithes and offerings. The Lord has promised that those who pay their tithes shall not be burned [see D&C 64:23]. . . .

“Let us be more neighborly. Let us be kind. Let us be gracious to those in our midst who are not of our faith. Let us be helpful and generous and good. Let us be Latter-day Saints in the full and complete meaning of that word” (regional conference, Payson, Utah, 16 Sept. 2001).

What Does the Lord Expect?

“What does the Lord expect of Latter-day Saints? What does He expect us to do? He expects us to be good people, to be good fathers who love their wives, who love their children, who honor the priesthood, who stand a little taller and walk a little straighter in their lives—good and faithful and wonderful men. . . .

“To you women, you mothers, be good wives. Support your husbands. Treat them with kindness. . . . Help them in all that they do. Be good mothers to your children. . . . Rear them in love.

“You children, look to your parents as your very best friends. Listen to what they say. Do what they ask, because that is what the Lord has asked of His people, that children be raised in light and truth and love” (meeting, Nouméa, New Caledonia, 17 June 2000).

Great Cause of the Lord

“This great cause of the Lord is growing in strength and power and capacity across the earth. You and I are a part of it. You have as great a responsibility within the sphere of your assignment as I have within the sphere of my assignment. None of us can afford to slacken. All of us need to stand up and declare the truth. Walk in faith and faithfulness. Do good. Help others and bring glory to the great cause of the Lord Jesus Christ in these latter days” (fire-side, Sydney, Australia, 14 May 1997). ■

IDEAS FOR HOME TEACHERS

After prayerful preparation, share this message using a method that encourages the participation of those you teach. A few examples follow:

1. Read the paragraph “The Only True Church.” Discuss with family members some ways we can bear our testimonies of the truth without demeaning anyone else’s beliefs. You might want to consider reviewing “The Parable of Two Lamps,” by Elder James E. Talmage (1862–1933) of the Quorum of the Twelve Apostles (see *Liahona*, Feb. 2003, 40; *Ensign*, Feb. 2003, 12).
2. Read the paragraph titled “Bring Credit and Honor to the Church.” Ask family members to consider whether the way they live brings credit and honor to The Church of Jesus Christ of Latter-day Saints. Ask them to list some ways we can all honor the Church.
3. Ask someone to read the last paragraph. Ask family members to discuss ways we all can fulfill our responsibility to move the work of the gospel forward.

FINDING A GEM

I taught others about Christianity, but it wasn't until I met a man with a special book that I became converted myself.

BY GILBERT NDALA MINGOTYI

I am a native of the Democratic Republic of Congo, and my father felt that it was my duty as the oldest boy to master his Christian church's doctrine. By the time I was five years old, I was accompanying him when he would preach door to door.

When I was nine, my father took our whole family to a region of high mountains. Often he and I would travel on foot for days to reach villages where we were to preach.

People were always amazed to see such a young child preaching. But I kept telling my father I was not ready to be baptized myself. I was not convinced that his religion answered the most important questions.

But I went on as an obedient son, converting people to a church I was not converted to myself. When I turned 18 I began looking for something more.

One Saturday a schoolteacher knocked on our door to talk to my father about my nephew. I found myself looking at a book he held, *A Marvelous Work and a Wonder*. Seeing my interest, he offered to leave the book. He also said I could attend a study group.

I spent almost the whole night scanning the book, stopping to take notes whenever I came across something new. Although I did

not fully understand the doctrine, I felt no doubt about its truthfulness. I had a feeling of joy—as if I were discovering a genuine gem among thousands of imitations.

The next evening I joined five other people in a study group at the home of Mr. Kasongo. He had been doing research when he came across a book about American churches. “My heart pounded as I read the name of The Church of Jesus Christ of Latter-day Saints,” he said. After writing to the Church's headquarters, he received some literature—including *A Marvelous Work and a Wonder* by Elder LeGrand Richards (1886–1983) of the Quorum of the Twelve Apostles.

For two years, our group met twice a week. When missionaries, Elder Roger L. and Sister Simonne B. Dock, arrived in March 1987, 50 people were studying together.

The Docks began teaching the missionary discussions in French in the public school. Because some people spoke only Swahili, I interpreted. I heard the missionary discussions for the first time myself while interpreting.

On 9 May 1987 I was one of 80 people baptized in a pool at an abandoned copper mine. For me, baptism was an outer confirmation of an inner conversion that had taken place years earlier. I had been waiting for this

sacred ordinance so I could officially become a member of the Church.

I have received so many blessings—among them the time I spent translating for couple missionaries. They are as dedicated as if the Master Himself were physically beside them.

I thank my Heavenly Father for these rich experiences and for the opportunity my wife, Jolie Mwenze, and I have to raise our son in the Church. And particularly I thank Him for sending me the gospel—a gem beyond price. ■

Gilbert Ndala Mingotyi is a member of the Lubumbashi First Ward, Lubumbashi Democratic Republic of Congo Stake.



ILLUSTRATED BY JOSEPH ALLEMAN

Teaching from the Heart

*How missionaries are learning to teach more effectively than ever—
and how we can help: A conversation with two members of the Missionary
Executive Council—Elder Richard G. Scott of the Quorum of the Twelve Apostles
and Elder Charles Didier of the Presidency of the Seventy.*

There have been some changes in the way missionaries teach investigators. Could you give an overview of those changes?

Elder Richard G. Scott: There has been a transition from presenting the gospel message by rote memorization to what has been defined as teaching by the Spirit. Missionaries are being taught to fill their minds and hearts with the basic doctrine, with supporting scriptures, and with relevant experiences from their own lives. Those become resource material upon which they can call as they identify through the Spirit the need of a particular investigator family or individual.

As missionaries have begun to make these adjustments in their teaching, it is thrilling to see how they develop and how they study personally and as companionships. Now their message is more understandable to those who are honest in heart and want to understand.

Have there been changes in the lessons themselves?

Elder Scott: There has been some change in the content



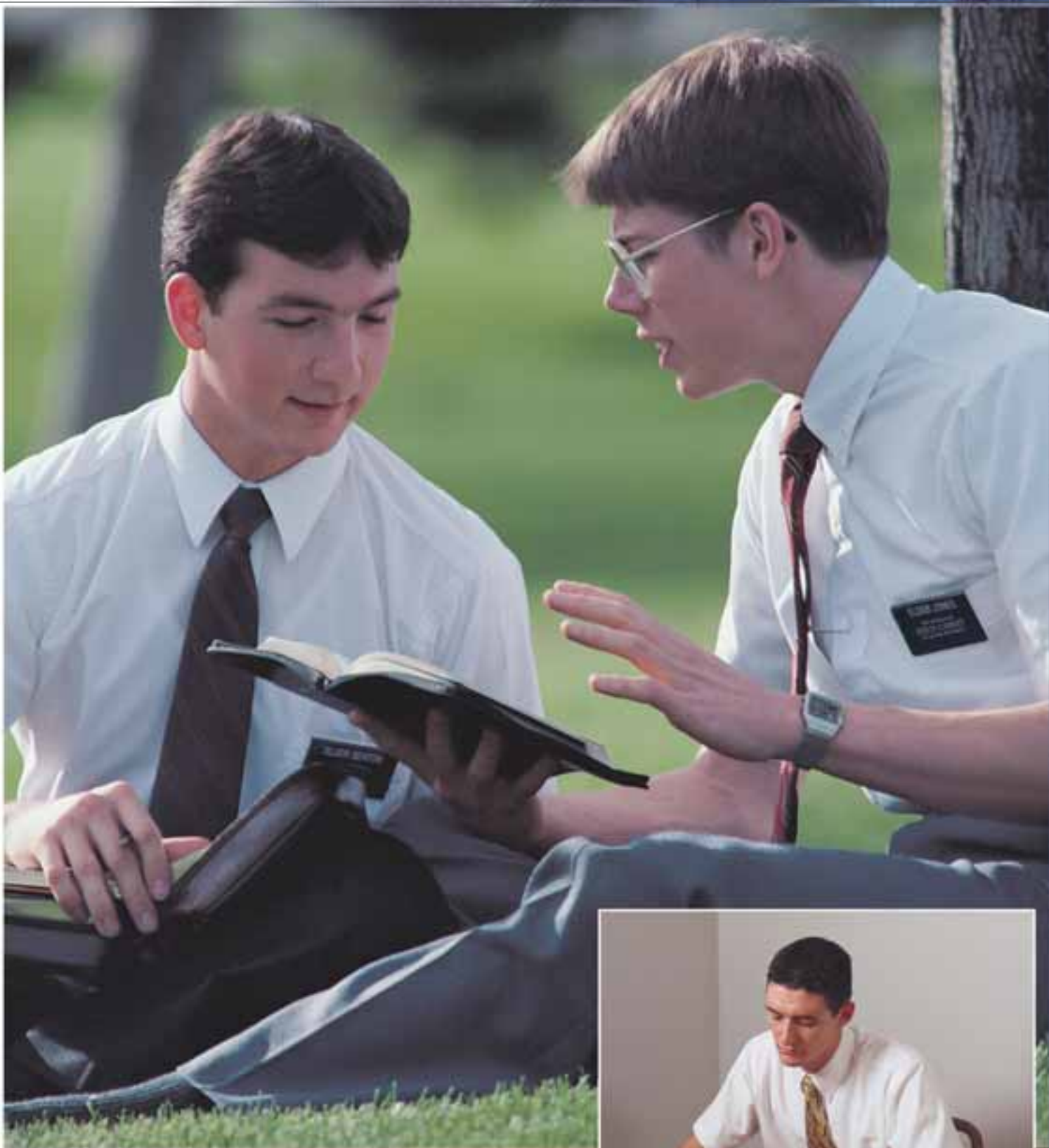
of the first discussion. It makes the story of Joseph Smith more understandable in the context of how Father in Heaven reveals truth to His children through prophets.

Elder Charles Didier: We help people understand that Joseph Smith is not an anomaly in the his-

tory of mankind. The Lord has repeatedly taught the plan of salvation through prophets. And mankind has also consistently rejected the prophets or gone astray from the message. That's why you have restorations. Joseph Smith was a foreordained prophet who restored—this time for the last time—the fulness of the gospel so that we might know how to return to the presence of our Heavenly Father.

Have there been any other changes in how the gospel is taught by the missionaries?

Elder Didier: The curriculum has not changed. The missionaries still have the same six discussions, which present the gospel in a logical progression. We ask them to teach



***A**s missionaries have begun to make these adjustments in their teaching, it is thrilling to see how they develop and how they study personally and as companionships.*





LEFT: PHOTOGRAPH BY CRAIG DIMOND; RIGHT: PHOTOGRAPH BY STEVE BUNDERSON, MAY NOT BE COPIED

If I were a parent today with children in my home, I'd make sure they understood the pattern that started with Adam, where a prophet is called of the Lord, teaching the fulness of the gospel with authority. I'd teach them about the cycle of apostasy and of restoration.

the doctrine that is found in the discussions. They start the first discussion by teaching the message of the Restoration. But when prompted by the Spirit, they can teach the third discussion before the second or the fourth before the third. That doesn't matter, as long as they teach all the doctrine.

Every investigator is different. So the missionaries prepare outlines to plan how they are going to teach an investigator according to his or her needs. The outline helps the missionaries conceive the presentation in their own minds. If the presentation is well conceived, it is clear, and then the words will come easily as missionaries teach by the Spirit.

Elder Scott: When missionaries do this consistently over a period of time, not only are they going to be more effective missionaries, but they will eventually be better husbands and wives, fathers and mothers, because the reality of the magnificent message becomes a part of their very being.

What are the implications of all this for teaching and training missionaries?

Elder Scott: The best place for that training to occur is in the home. If I were a parent today with children in my home, I'd make sure they understood the pattern that started with Adam, where a prophet is called of the Lord, teaching the fulness of the gospel with authority. I'd teach them about the cycle of apostasy and of restoration of truth that has continued until the final dispensation. I'd make sure they understood what happened through the Prophet Joseph Smith, how it was so very important that the Father and the Son personally came and taught Joseph Smith, and how he was called to be the prophet of the Restoration.

That, taught in the home and understood, with ancillary help from priesthood and auxiliary classes and from seminary and institute, will prepare a missionary like nothing else. You don't have to have special courses as long as they understand the importance of living the

principles and teaching them. Missionaries who have paid tithing, for example, can bear witness of the promised blessings that the Lord gives for obedience. A missionary who has lived a righteous life can bear powerful witness because he has had spiritual experiences in his life. Such experiences are conditioned upon worthiness and faith in the Savior.

How has the formal training of missionaries changed?

Elder Didier: In the Missionary Training Centers, missionaries called to teach in their own language are being taught how to prepare a discussion outline, how to start teaching with their own words, and how to teach by the Spirit. For those who have been called to teach in a foreign language, there's a slightly different approach, because if you learn a foreign language you need to memorize certain things. You need the vocabulary, you need to memorize the grammar rules, and so on. They start to practice the language so that when they arrive in the field they'll be ready, in addition to that, to teach a discussion in their own words. Learning to teach the gospel in a new language does take more time.

Elder Scott: In some ways it is a fundamental shift from what was being done before. The missionaries are learning the content of the discussions in their native language while they are learning to teach in an acquired language. That means that when they get to the mission field, a companion is much more important to help them in their continued study of a language and to help them learn to teach the message they have learned.

As they prepare themselves, what should potential missionaries focus on being or becoming?

Elder Scott: Worthy—so that the Spirit can guide them. And they will have learned the basic message of the Restoration. They will have read the Book of Mormon to gain a witness of Jesus Christ and His Atonement and how significant He is in the life of each individual. And to the degree that they learn those things, they're going to be further advanced than those who come to the Missionary Training Center just beginning to learn.

In the Worldwide Leadership Training Meeting held on 11 January 2003, President Gordon B. Hinckley said, "We simply cannot permit those who have not qualified

MISSIONARY SERVICE



LIFEBLOOD OF THE CHURCH

"Missionary work is the lifeblood of the Church. It is the principal means by which it grows. It is because of this service that the Church has reached its present size in 172 years."

President Gordon B. Hinckley, "Missionary Service," First Worldwide Leadership Training Meeting, 11 Jan. 2003, 17.

A FOURFOLD ENDEAVOR

"Missionary work is more than two young men giving a memorized presentation to investigators. It is more than baptizing. It is a fourfold endeavor that concerns the missionaries, yes, and also ward members, bishops, the ward mission leader, and the entire Church organization. This fourfold effort includes (1) finding investigators, (2) teaching by the Spirit, (3) baptizing worthy converts, and (4) strengthening new and less-active members."

President Gordon B. Hinckley, "Missionary Service," First Worldwide Leadership Training Meeting, 11 Jan. 2003, 18.



MISSIONARY SERVICE

AN ATTITUDE OF NEIGHORLINESS

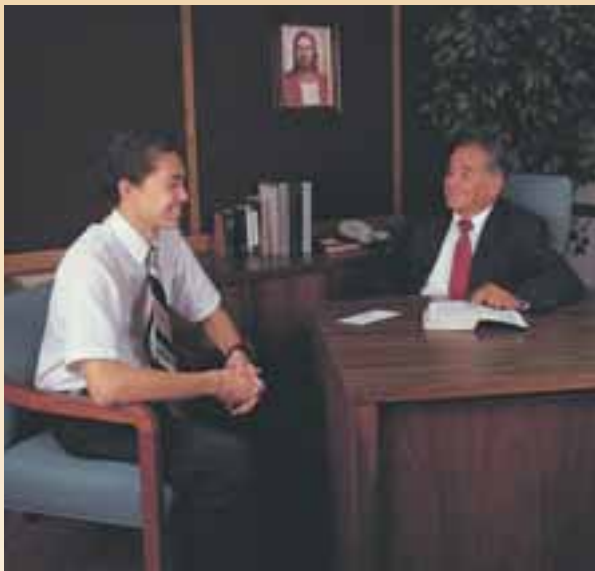
“Let us cultivate within our people a constant awareness of opportunities to reach out to others. Let neighborliness, an outreach with love toward others, become the attitude of our people wherever they are across the entire world.”

President Gordon B. Hinckley, “Missionary Service,” First Worldwide Leadership Training Meeting, 11 Jan. 2003, 19.

A CALL TO THOSE WHO ARE WORTHY

“Missionary work is not a rite of passage in the Church. It is a call extended by the President of the Church to those who are worthy and able to accomplish it. . . . It demands that those who serve as missionaries be worthy in every respect. . . . I am confident that raising the bar on eligibility will cause our young people, particularly our young men, to practice self-discipline, to live above the low standards of the world, to avoid transgression and take the high road in all their activities.”

President Gordon B. Hinckley, “Missionary Service,” First Worldwide Leadership Training Meeting, 11 Jan. 2003, 17.



themselves as to worthiness to go into the world to speak the glad tidings of the gospel.” Specifically, what do prospective missionaries need to know about worthiness to be prepared to serve?

Elder Scott: They need to stay as far away from the boundaries of sin as they can. That gives them the greatest happiness as they’re preparing. It assures them the greatest capacity to be led by the Spirit and to be the examples they need to be in the mission field.

Almost any young person can recite the “Rs” of repentance or some other way of describing it. What they really need to do, though, is understand the gravity with which the Lord views some transgressions and not commit them.

Elder Didier: I wish we could teach the youth how to avoid the need for major repentance. Prevention is better than redemption. We need to teach them to have a spirit of love for the Lord and His commandments. If they have that, we don’t need to establish barriers where we tell them, “If you go over that, you cannot serve.”

We’ve talked about what parents can do in the home to prepare our young men for missions—especially the need to teach fundamentals. Do you have additional suggestions?

Elder Didier: The teen years are a time when parental influence begins to diminish and peers and trusted adults grow in influence. That’s why participation in the Atonement Priesthood program is so important. Youth leaders can supplement the teachings and examples of parents, and the quorum can provide a positive peer influence.

Elder Scott: Another wonderful preparation is for young men approaching missionary age to go out and have experiences with missionaries. They see how missionaries teach and testify. In particular, if they begin to do some testifying or teaching of truth, either with missionaries or in their own quorum meetings—more than standing in a testimony meeting and bearing that kind of testimony, but teaching gospel truths—they will feel the guidance of the Spirit.

Elder Didier: There are so many different ways to do missionary work. Write a letter; share a Church video; give pass-along cards to friends. Youth can fellowship or help in

the activation process. If the youth can start participating in missionary work now, then when they go into the mission field they will have so much the advantage because they have done it before.

What results have you seen from the changes in how missionaries teach?

Elder Scott: The world is getting worse, but our capacity to teach the gospel is improving. President Hinckley has been so personally dedicated to increasing the number of truly converted individuals and retaining them. It's exciting to see the missionaries catch that vision. We have missionaries for whom the gospel message is such a part of their very beings that at a corner bus stop they can give a one-and-a-half-minute overview, a five-minute overview. They are much better equipped to begin with individuals at whatever level they are on and to introduce them to the magnificent message of the Restoration. Communicating truth is facilitated when there isn't a memorized dialogue.

Now, what about all of us ordinary members? How do we participate in the missionary effort?

Elder Didier: Everyone can do something. We don't have to be involved in teaching per se. If we have the desire and we pray about it, we can receive inspiration on how to help prepare a child for a mission or how to share the Book of Mormon with a neighbor. We can share Church videos. Let's each find the best way according to our best possibilities.

Elder Scott: Members can participate in the conversion process by finding investigators, by being there as friends during the conversion process, and by bearing testimony at critical points. But after baptism, converts need strength to move from the world



they've been in into a new environment. And that's probably where members can most easily serve in missionary work. It's not difficult for members who understand what the need is and who seek guidance from the Lord to respond to it, whether it's inviting new members to their home or sitting next to them in sacrament meeting or helping them better understand who we are and how we live.

Elder Didier: I'm here today first of all because a missionary became my friend. But missionaries were replaced all the time. There comes a time when you would like to have a stable friend, and I had to look within the Church.

Elder Scott: We could change our mind-sets from "missionary work is something I *have* to do" to "missionary work is something I *get* to do." Once you begin, it's exciting. It's stimulating. It's not a burden; it's a thrilling experience. ■

This interview was conducted by Larry Hiller and Adam C. Olson.

Another wonderful preparation is for young men approaching missionary age to go out and have experiences with missionaries. They see how missionaries teach and testify. In particular, if they begin to do some testifying or teaching of truth, they will feel the guidance of the Spirit.

MISSING ANDY

I was sick. I couldn't sleep. But my doctor gave me much more than medicine. He gave me a life-giving answer.

BY STEVEN TUITUPOU

When my older brother Andy passed away from bone cancer at age 15, I felt like a part of me also died. The week after Andy's death, I felt sick. I couldn't sleep. Sometimes I felt like I couldn't breathe.

Andy and I never got along. I was the one Andy always picked on. In response to his endless teasing, I did my best to be the most annoying little brother around. So why did I feel so horrible when Andy wasn't here anymore?

At night I spent hours tossing, turning, and staring at the ceiling. Thoughts of Andy kept going through my mind. My 12th birthday would be in a few days. I wasn't a baby anymore, but after a short prayer, I felt Mom would know what to do.

"Mom," I said as I gently shook her awake. "I can't sleep. I have a headache, and it's hard for me to breathe."

Mom didn't know what to say. She had lost a son a few days before. I could tell by her bloodshot eyes and sad face that she wasn't too excited about my new problem. "We'll visit the doctor tomorrow morning. OK, Steve?"

Morning came. My brothers and sister went to school while Mom and I left to see Dr. Freestone. He was familiar with us. With Andy, we had a family of six active boys and one girl. Dr. Freestone was the one to put arms in casts and stitch us up. He had a way of making things right.

I had visited the doctor's office several times; the visits were not good memories. I looked around the room uneasily. Finally the doctor came.

"Hi, Steven, what seems to be the problem?" he asked.

"I don't know. I have headaches, and sometimes I can't breathe at night," I mumbled.

"How long have you been feeling like this?" he asked.

"It's been about a week," I answered slowly.

He conducted his examination and asked many questions. After several tests, the doctor sat down. He studied his notes and then looked at me for a few seconds before he spoke. "Steven, I can't find anything wrong with you," he said. "You say you've had headaches though?"

I nodded.

"What have you been thinking about when you get these headaches?" he asked.

As I thought about the question, tears welled up in my eyes. "Well, I am usually thinking about Andy."

"Do you miss Andy?"

I had to nod. I couldn't speak, and my eyes had turned into waterfalls. Mom also started to cry. Dr. Freestone, getting a little teary himself, said something I'll never forget.

"You know, Steven, Andy loves you. And just because you can't see him anymore doesn't mean he isn't there. Andy is happy where he is right now, and I know he wants you to be happy too."

Everything he said made perfect sense to me. I needed to remember that I didn't really lose my brother. He would

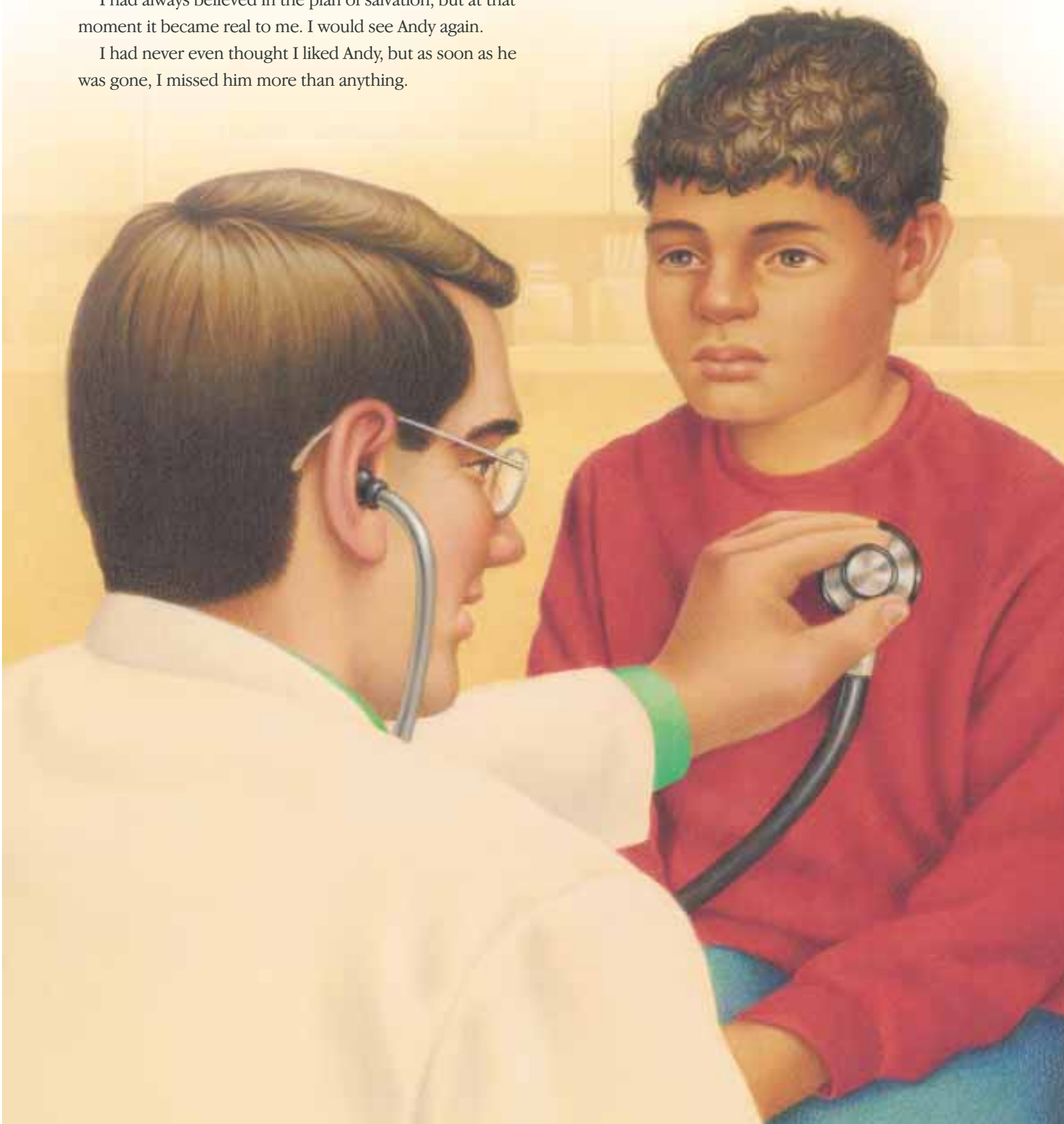
still be with me in spirit. Mom put her arm around me as we said thank you to Dr. Freestone, wiped our tears, and went on our way.

I had always believed in the plan of salvation, but at that moment it became real to me. I would see Andy again.

I had never even thought I liked Andy, but as soon as he was gone, I missed him more than anything.

I slept that night knowing that Andy loved me and wanted me to be happy—just as he was. ■

Steven Tuitupou is a member of the Orem College 12th Ward, Orem Utah College First Stake.



Teaching Our Children to Accept



BY GAYLE M. CLEGG
Second Counselor in the
Primary General Presidency

Every day at school four-year-old Brandon looked out for Jonathan, an autistic classmate. He helped Jonathan line up for recess. In the classroom, he would often find Jonathan's crayons and paper for him. One day the teacher told Brandon's mother about Brandon's unusual kindness. Later the mother shared the teacher's observations with her son and asked him why he was so kind. Brandon looked at his mom in disbelief that she would have to ask a question with such an obvious answer:

"Why, Mom, Jonathan is my friend, and he would get lost if I didn't help." To Brandon, Jonathan was not a child who was different; he was a friend.

Very young children are naturally meek, humble, patient, and full of love (see Mosiah 3:19). But as they grow older, they become more aware of differences among people. As they interact with more and more people outside their families, they encounter people who are different from themselves

We can help our children see beyond differences in others and recognize that we are all children of a loving Heavenly Father.



Differences

in language, skin color, religion, physical and mental abilities, and social standing. As parents we want to help our children retain the Christlike attributes of meekness, humility, and compassion. We want them to have hearts full of love for everyone. How can we help them do this?

He Gave His Love to Everyone

One of the best ways we can help our children accept those who are different is to teach them that Jesus wants us to be kind to everyone. Five-year-old Jodi and her family held a special family home evening at a care center to

entertain and sing

for the people living there. Jodi was nervous as she walked into the care center and sat next to a girl who wore a helmet on her head and a towel around her neck and sat in a wheelchair. The girl could use only one side of her body. She couldn't talk but did make happy sounding noises when she heard the music of Jodi's family.

Later that night Jodi's mother said, "It was wonderful that we could sing for them, but we probably should have taken the time to give each one of them a hug. There are some people who don't have anyone to give them hugs." Jodi admitted, "I don't think I could have hugged that girl I sat by."



ILLUSTRATIONS ELECTRONICALLY COMPOSED

The words “He gave his love to ev’ryone” caused Jodi to think! Later she told her mother that in her dreams she gave the girl in the wheelchair a hug and that she hoped the family would be able to go to the care center again. A mother’s gentle teaching through a Primary song opened understanding for a young girl.

Jodi’s mother took her daughter to the piano and played as she sang:

*If you don’t walk as most people do, . . .
Some people talk and laugh at you,
But I won’t! I won’t!
I’ll walk with you. I’ll talk with you.
That’s how I’ll show my love for you.
Jesus walked away from none.
He gave his love to ev’ryone.
So I will! I will!*

The words “He gave his love to ev’ryone” caused Jodi to think! Later she told her mother that in her dreams she gave the girl in the wheelchair a hug and that she hoped the family would be able to go to the care center again. A mother’s gentle teaching through a Primary



song opened understanding for a young girl.

The words *empathy* and *compassion* have roots in Latin and Greek words meaning “to suffer with.” *Empathy* means getting behind the eyes of another person, identifying with that person, and understanding why he or she feels and acts the way he or she does. Having *compassion* causes you to help someone feel better because you understand when the person is suffering.

What better example to use in teaching our children how we should treat others than the parable of the good Samaritan? “A certain Samaritan, . . . when he saw [the wounded man,] had compassion on him, and went to him, . . . and took care of him. . . . Go, and do thou likewise” (Luke 10:33–34, 37).

Guiding Them As They Grow

As our children grow older and become more aware of differences in people around them, we can ask them questions to help them clarify their thinking: Who is our neighbor? Do you think Jesus meant us to love only the people who live close to us? How can we follow Jesus’ teachings and show love for other people? How should we treat someone who needs our help? How should we treat someone who is different from us?

Parental attitudes are like a template parents begin to hold up to their children from their children’s infancy. An attitude, like a language, is learned, not inherited. And it is critical that children learn correct attitudes when they are very young. When children learn a language after age eight,

they often speak it with an accent. Attitude errors can be changed when children are older, but the older they become the greater the effort it takes to correct “the accent.”²

When a child notices something different about a person and brings it to your attention, turn it into a teaching moment. Suppose you are in the supermarket with your daughter and she says, “That man has only one leg.” Instead of hushing her up and telling her not to stare, acknowledge what she has seen and share some insight. “Yes, I see, and he uses a wheelchair to get around. I suppose that makes shopping difficult when he has a lot of groceries to buy.” You can normalize awkward situations and teach your child important values about acceptance and empathy. Children need to learn that people with disabilities are like the rest of us (they go shopping too) but they do have challenges to face (being in a wheelchair).

Children might be fearful or hesitant in talking to or helping someone with a disability. We need to listen carefully to our children’s concerns and allay their fears. Children readily accept differences in people when parents teach that while human beings may look different on the outside, we are basically the same on the inside. Teach your child that people with disabilities are people first. They are more similar to people without disabilities than they are different from them.

Teaching by Example

If we want to teach our children the Christlike attributes of tolerance and compassion, our own example will speak loudest. Showing is more powerful than telling.

As children are treated with kindness and compassion, they will know how that feels, and then they can begin to treat others the same. If you get behind the eyes of your child, he or she will learn to get behind the eyes of others.



What better example is there of how we should treat others than the parable of the good Samaritan? “A certain Samaritan, . . . when he saw [the wounded man,] had compassion on him, and went to him, . . . and took care of him. . . . Go, and do thou likewise.”

A woman wondered how a friend living in a foreign country had helped her young children adjust so well to a different culture. She commented that she and her husband had been trying to teach their children to be tolerant and to value differences in others by inviting children from the community to play in their home. But their children were still judgmental and critical of the other children. “What more can we do to teach our children tolerance?” she asked her friend. The friend answered that she and her husband invited not only children into their home but also the parents of the children.

We can encourage our children to play with a variety of children, hoping the experience will enlarge their circles of friendships. But if in our own socialization we friendship

only those similar to ourselves, all the encouraging and teaching we do will fall on deaf ears. The children will hear what is being said but will not be sure of what it means.

Our daughter Emily often takes her one-year-old daughter, Ella, to the park to play. As they stroll the six blocks, Ella smiles and says “Hi” to folks on the street. If Ella can catch someone’s attention, she immediately begins to babble. A foreign accent, the color of skin, or a wheelchair doesn’t deter Ella’s friendly smile. Ella’s smile is as spontaneous as her mother’s smile.



LEFT: ILLUSTRATED BY SAM LAWLOR

The boys' appearance looked more ominous than the car stuck in the mud, yet they were happy to help someone in need. The wheels spun sheets of mud in every direction, covering the boys from head to toe while they pushed the car onto the pavement.

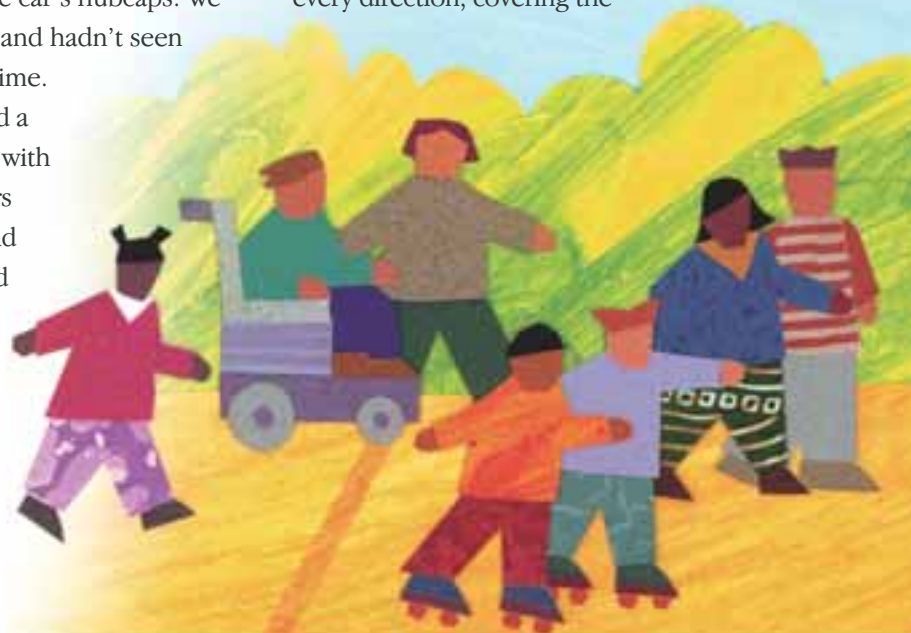
Looking to the Heart

Some years ago our family was taking a drive into the countryside after a week of being confined to our home due to excessive rainfall. As we pulled off to the side of the road to take a look at the cherry blossoms, we felt the car's tires sink into the wet, soft mud. All of our attempts to drive back onto the center of the road only pushed us farther down until the quicksand-like mud was above the car's hubcaps. We were hopelessly stuck and hadn't seen another car for some time.

Suddenly we noticed a large dilapidated truck with six boisterous teenagers coming to a stop behind our car. As they jumped out of the truck, we noticed tattoos, chewing tobacco, and extreme hairstyles. My husband became fearful for our family's safety and told us all to get into the car

and lock the doors. The young men asked my husband if we needed help. My husband said no, we could easily handle the problem.

The boys' appearance looked more ominous than the car stuck in the mud up to the axle. The boys noticed the five small children and wife in the car as the "we" my husband was referring to and suggested that he get back into the car and start driving while they pushed. The wheels spun sheets of mud in every direction, covering the



boys from head to toe while they pushed the car onto the pavement.

My husband pulled money out of his wallet to pay the teenagers, but they refused and jumped back into the truck, saying they were happy to help a brother. They were gone before we could even thank them properly. My husband, who had expected the worst at the outset, was overcome with gratitude. Physical coverings can impede seeing into the heart.

Our family has often retold the story of being stuck in the mud and rescued when we have temporarily forgotten the basic goodness of people and judged needlessly. Jesus saw beyond the temporal coverings to the heart as He reached out to the tax collectors, forgave the debtors, and healed the sinners.

A Compassionate Community

As our children learn to be tolerant and accepting, they will feel the joy of loving others

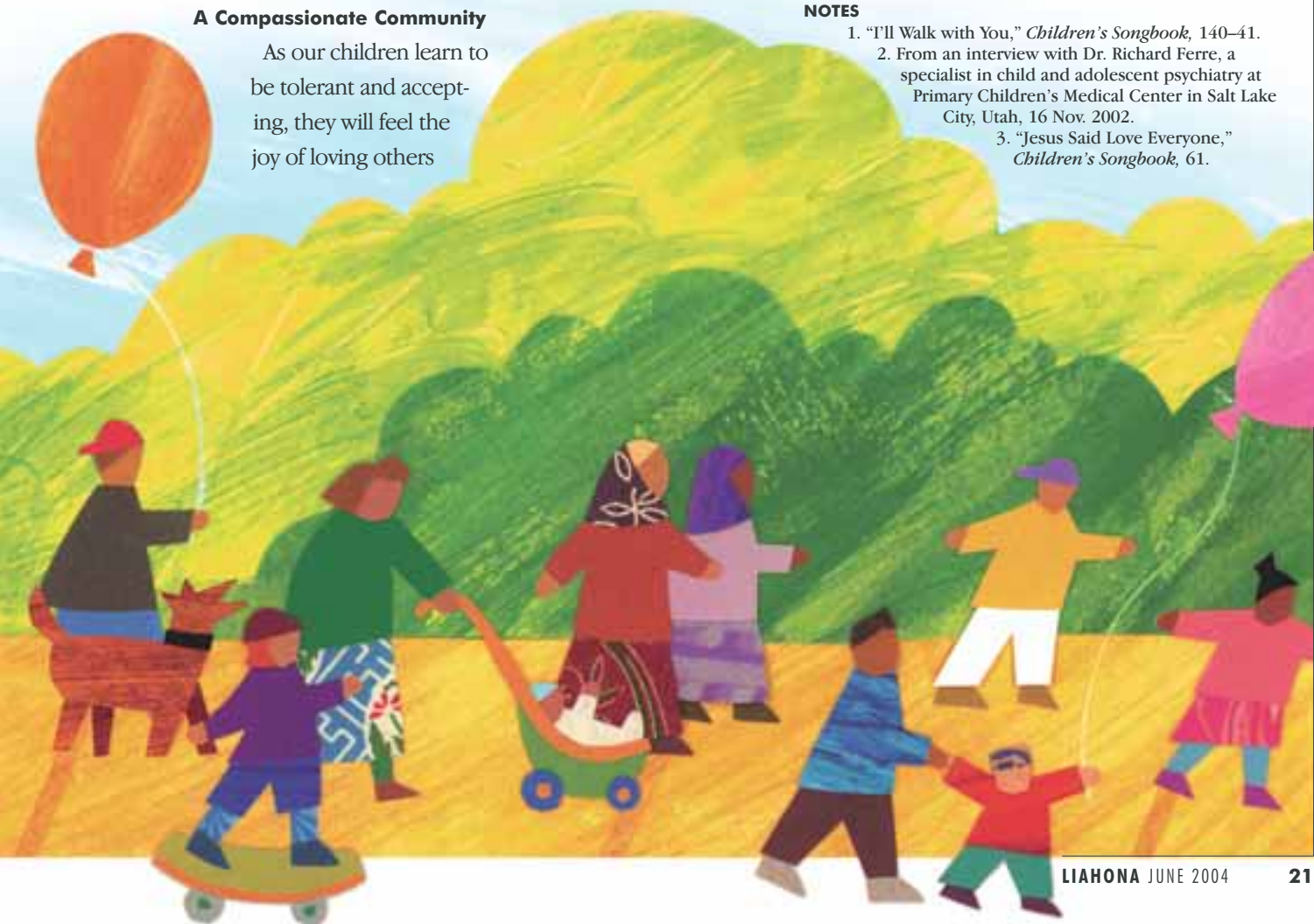
in a Christlike way. A 10-year-old child with Down syndrome and limited speech attempted to give a short scripture during a children's sacrament meeting presentation. As she struggled, her 4-year-old sister instantly came to her side and whispered the words into her ear. The Primary leaders were sensitive enough to not assist and to allow the growth and learning to occur naturally with both girls. As the 10-year-old returned to her seat on the stand, many children complimented her quietly with touches and nodding eyes.

A whole community of compassionate children had experienced the joy described in the Primary song:

*Jesus said love ev'ryone;
Treat them kindly, too.
When your heart is filled with love,
Others will love you.*³ ■

NOTES

1. "I'll Walk with You," *Children's Songbook*, 140–41.
2. From an interview with Dr. Richard Ferre, a specialist in child and adolescent psychiatry at Primary Children's Medical Center in Salt Lake City, Utah, 16 Nov. 2002.
3. "Jesus Said Love Everyone," *Children's Songbook*, 61.



Questions & Answers

I need to earn money for a mission and college. The Church teaches that we shouldn't work on the Sabbath, but almost all the jobs I am qualified for require Sunday work. What should I do?

L I A H O N A

A recurring theme in the Book of Mormon is this: the Lord will “prosper” the obedient (see 1 Nephi 2:20; 4:14; 2 Nephi 1:20; Jarom 1:9; Omni 1:6).

This is not a guarantee that you will be wildly rich or that you will immediately experience financial success. But if you want to serve a mission and the Lord wants you to serve, He will help you find a way to pay for it if you keep His commandments. The same is true of any worthy goal.

If you choose to work on the Sabbath day, not only are you forfeiting blessings, but you won't be prepared to testify about one of the most important commandments you will teach on your mission.

Of course, some jobs *require* Sunday work—jobs such as emergency or medical positions, police, security, and so on. But as President Spencer W. Kimball (1895–1985) taught: “In such activities our motives are a

The Lord can bless you financially for keeping His commandments.

On your mission you won't be able to testify about the blessings of keeping the Sabbath day holy if you don't keep it holy yourself.

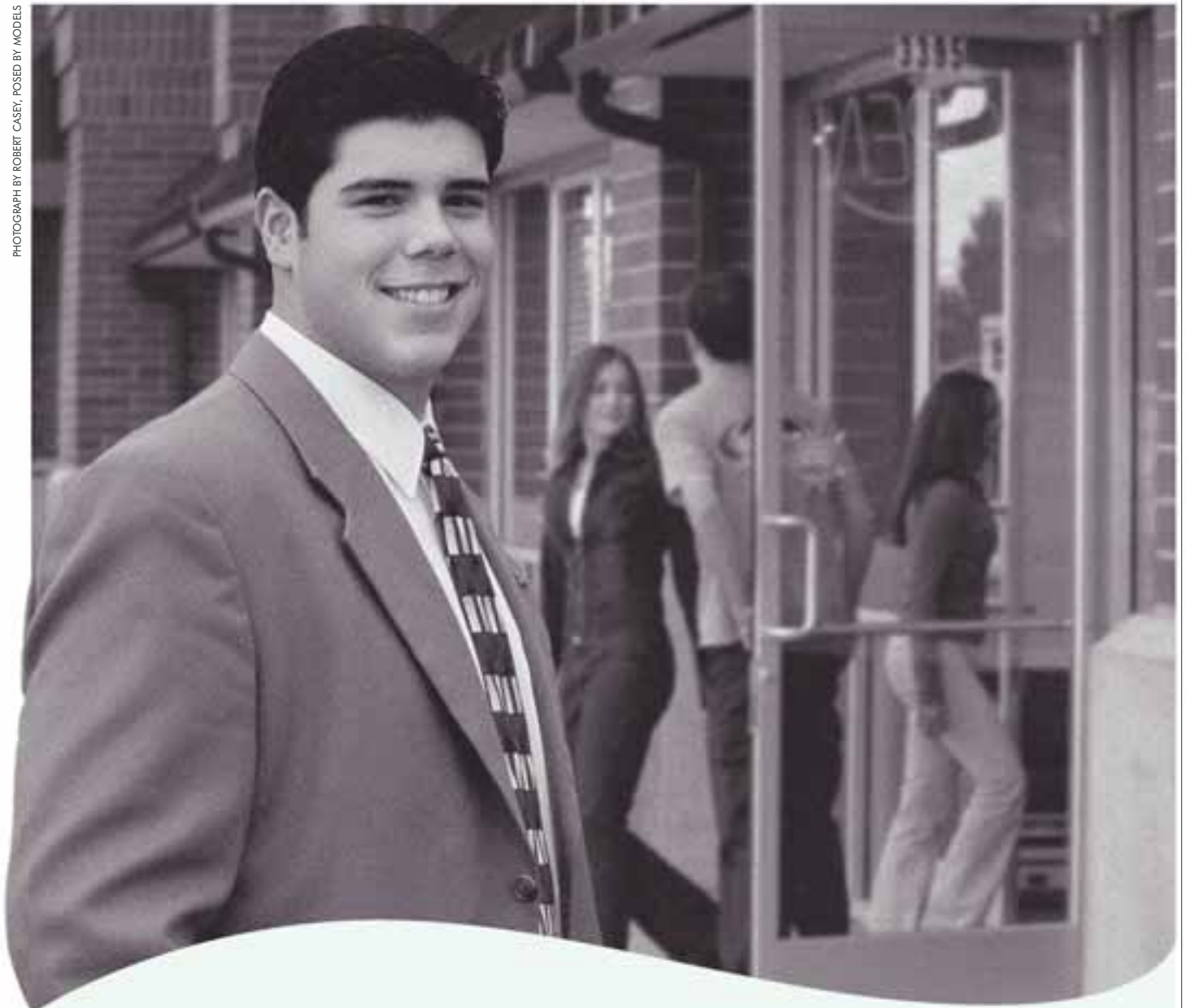
Tell Heavenly Father you want to keep His commandments; then show Him by doing your best to find a job that doesn't require Sunday work.

The Lord wants you to serve Him and be educated. He will help you find a way if you have faith and do your part.

most important consideration. When men and women are willing to work on the Sabbath to increase their wealth, they are breaking the commandments; for money taken in on the Sabbath, if the work is unnecessary, is unclean money” (“The Sabbath—A Delight,” *Tambuli*, July 1978, 5; *Ensign*, Jan. 1978, 5).

Let Heavenly Father know through prayer and fasting that you want to keep His commandments, that you want to find honorable work, and that you want to keep the Sabbath day holy. Then go to work looking for that job. It might not be the job you dreamed of, but we must be willing to sacrifice for the blessings we desire.

Show the Lord through paying regular and honest tithes and offerings that He can trust you with money. And whatever you do, don't lose faith. As Nephi learned, “The Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them” (1 Nephi 3:7).



READERS



One of God's commandments is to keep the Sabbath day holy. If you put the Lord and His commandments first, there will be a way to

go on a mission and get a good education. If we trust in the Lord, everything will work for our good (see Romans 8:28).

*Elder Henricus Antonius Kroon, 20,
Belgium Brussels/Netherlands Mission*

Maybe this is a trial to prepare you for your mission, to prove that you will follow the commandments. Your Heavenly Father will help you find a job, and you won't regret keeping the Sabbath day holy.

*Nahomie Lambin, 15, Epinal Branch,
Nancy France Stake*

I have had to search long to find a job. I have realized that I have to include the Lord in my decision. I know that if I trust

the Lord and do my best, He will bless me with the right job at the right time.

*Catherine Leddin, 19, Lauenburg Ward,
Hamburg Germany Stake*



"He has promised you that if ye would keep his commandments ye should prosper in the land; and he never doth vary from that

which he hath said" (Mosiah 2:22). A few weeks after I turned down my dream job,

another position opened, and I was given the job without Sunday in my work schedule.

Elder Thomas George Haroldsen, 20,
Sweden Stockholm Mission



I looked for work for two summers, and every time I mentioned I wouldn't work Sundays, my interviews ended. However, I trusted in the Lord. Then an office job without Sunday work was offered to me. The Lord watches out for you when you obey His words.

Whitney Olson, 17, Queensland Ward,
Calgary Alberta South Stake

I had to choose between a high-paying job and keeping the Lord's day holy. I chose to keep the Sabbath holy, because the Lord promises that if we keep His commandments, we will prosper in the land. After a time, during which He proved my faith, I was blessed with a job not requiring Sunday work.

Rafael Dias de Moura, 18, Matinhos Ward,
Paranaguá Brazil Stake



I had trouble finding a job that didn't require Sunday work. I often got discouraged but knew I was doing what the Lord would have me do. It took a while for me to see it,

but the Lord did provide a way for me to prepare financially for my mission without Sunday work.

Elder Jeremy Gohier, 20,
Georgia Atlanta Mission

Golden nuggets aren't found on the surface. We must dig to find them. Maybe those jobs that we



What is worthy or unworthy on the Sabbath day will have to be judged by each of us by trying to be honest with the Lord. On the Sabbath day we should do what we have to do and what we ought to do in an attitude of worshipfulness and then limit our other activities."

President James E. Faust, Second Counselor in the First Presidency, "The Lord's Day," *Ensign*, Nov. 1991, 35.

find first require Sunday work, but if we make the effort, we will find one that respects the day of rest.

Cristina García Adum, 17, San Camilo Ward,
Quevedo Ecuador South Stake



My friend looked everywhere for a job he liked, but all the jobs required him to work Sundays. Finally he realized that maybe he needed to look for a job that wasn't as "fun" as he had wanted. Once he did, he found a job and is now prepared for his mission.

Amanda Lung, 16, Orchard View Ward,
Fresno California North Stake

Liahona and readers' responses are intended for help and perspective, not as pronouncements of Church doctrine.

WHAT DO YOU THINK?

Youth readers: Send your answer to the question below, along with your name, age, and ward and stake (or branch and district), and a photograph to:

Questions and Answers

Floor 24, 50 East North Temple Street

Salt Lake City, UT 84150-3220, USA

Or e-mail: cur-liahona-imag@ldschurch.org

Please respond by 15 July 2004.

QUESTION

"I try to read my scriptures every day, but I don't really learn much. How can I get more out of my personal scripture study?" ■

Feeling the Love of the Lord through Exercising Charity

Prayerfully select and read from this message the scriptures and teachings that meet the needs of the sisters you visit. Share your experiences and testimony. Invite those you teach to do the same.

Moroni 7:47: “Charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him.”

Elder Gene R. Cook of the Seventy: “It is part of the gift of charity to be able to recognize the Lord’s hand and feel His love in all that surrounds us. . . . Ponder with me a moment the following majestic gifts: the glories of all creation, the earth, the heavens; your feelings of love and joy; His responses of mercy, forgiveness, and innumerable answers to prayer; the gift of loved ones; and finally the greatest gift of all—the Father’s gift of His atoning Son, the perfect one in charity, even the God of love” (“Charity: Perfect and Everlasting Love,” *Liabona*, July 2002, 92; *Ensign*, May 2002, 83).

Elder Marvin J. Ashton (1915–94) of the Quorum of the Twelve Apostles: “Real charity is not something you give away; it is something that you acquire and make a part of yourself. And when the virtue of charity becomes implanted in your heart, you

are never the same again. . . .

“Perhaps the greatest charity comes when we are kind to each other, when we don’t judge or categorize someone else, when we simply give each other the benefit of the doubt or remain quiet. Charity is accepting someone’s differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn’t handle something the way we might have hoped. Charity is refusing to take advantage of another’s weakness and being willing to forgive someone who has hurt us. Charity is expecting the best of each other” (“The Tongue Can Be a Sharp Sword,” *Ensign*, May 1992, 19).

Anne C. Pingree, second counselor in the Relief Society general presidency: “As we try to deal patiently and lovingly every day with fussy babies, challenging teenagers, difficult roommates, less-active spouses, or elderly, disabled parents, we may ask ourselves: ‘Is what I am doing really important? Does it matter or make a difference?’ Dear sisters, what you are doing with your families *matters!* It matters so very, very much. Daily, each of us learns and relearns at



home that charity, the Savior’s pure love, never faileth.

So many Relief

Society sisters do great good serving in their families” (“Charity: One Family, One

Home at a Time,” *Liabona* and *Ensign*, Nov. 2002, 109).

Elder Bruce C. Hafen of the Seventy: “[Charity] is not developed entirely by our own power, even though our faithfulness is a necessary qualification to receive it. Rather, charity is ‘bestowed upon’ the ‘true followers’ of Christ (Moroni 7:48; emphasis added). . . . The purpose of the endowment of charity is not merely to cause Christ’s followers to engage in charitable acts toward others, desirable as that is. The ultimate purpose is to transform his followers to become *like him*” (“Beauty for Ashes: The Atonement of Jesus Christ,” *Liabona*, Apr. 1997, 46; *Ensign*, Apr. 1990, 12).

- How can you further acquire the charity that will prompt you to love others as the Savior loves them?

- What can you do to overcome uncharitable thoughts and feelings? ■



YOU'RE IN THE DRIVER'S SEAT

BY PRESIDENT BOYD K. PACKER

Acting President of the Quorum
of the Twelve Apostles

Several years ago I visited a large automobile dealership and looked at many new automobiles. One in particular caught my eye—a convertible sports model with all of the fancy equipment you could imagine. It had push-button everything and more horsepower than a division of cavalry. How I would have enjoyed a car like that when I was in high school! It occurred to me that you of high school age may be interested in owning such a car.

Lending Your Treasure

Will you imagine something with me? Imagine that I have decided to present to a typical teenager a car such as this, and you are the one who has been chosen. On the

evening of the presentation, I see that you are not quite financially able to run such a car, so I generously include free gas, oil, maintenance, tires, anything your car will use. I'll give you all of this, and the bills will come to me.

How you will enjoy that car! Think of driving it to school tomorrow. Think of all the new friends you will suddenly acquire.

Your parents may be hesitant to let you use this car freely, so I will visit with them. I am sure they will be reluctant, but because of my position as one of the leaders of the Church, they will consent.

Let us imagine, then, that you have your car, everything to run it, and freedom to use it.

Suppose that one evening you are invited to attend a Church social. "There are just



Imagine that I have decided to give you a convertible sports car. I'll pay for the gas, oil, maintenance, tires, anything your car will use.

Your parents
love you
so deeply.
*They may become
vigorous as they
set their guidelines
for you to follow.
But such discipline
may set you on the
path to greatness.*

enough of you to ride in my station wagon,” your teacher says. “You may leave your car home.” When they come to take you to the party, you suddenly remember your new convertible, with the top down, parked at the curb. You run back in the house and give the car keys to your father, asking that he put it in the garage, for it looks as if it may rain. Your father, of course, obediently agrees.

Later you come home and notice your car is not at the curb. “Dear old Dad,” you muse, “always willing to help out.” But as the station wagon pulls into the driveway and the lights flash into the garage, you see it stands empty.

You rush into the house, find Father, and ask where your car is.

“Oh, I loaned it to someone,” he responds.

Then imagine a conversation such as this.

“Well, who was it?” you ask.

“Oh, that boy who comes by here regularly,” Dad says.

“What boy?”

“Oh, that . . . well, I have seen him pass here several times on his bicycle.”

“What is his name?”

“Well, I’m afraid I didn’t find out.”

“Where did he take the car?”

“That really wasn’t made clear.”

“When will he bring it back?”

“Well, there really wasn’t any agreement on that.”

Then suppose that your father should say to you, with some impatience, “Now you calm down. He rushed in here. He needed a car. You weren’t using it. He seemed to be in a frantic hurry over something, and he looked like an honest boy, so I gave him the keys. Now relax. Go to bed. Calm down.”

I suppose under the circumstances you would look at your father with a puzzled expression and wonder if some important

connection had slipped loose in his thinking mechanism.

It would take a foolish father to lend such an expensive piece of equipment on an arrangement such as that—particularly a car that belonged to you.

Parents Lend Their Treasures

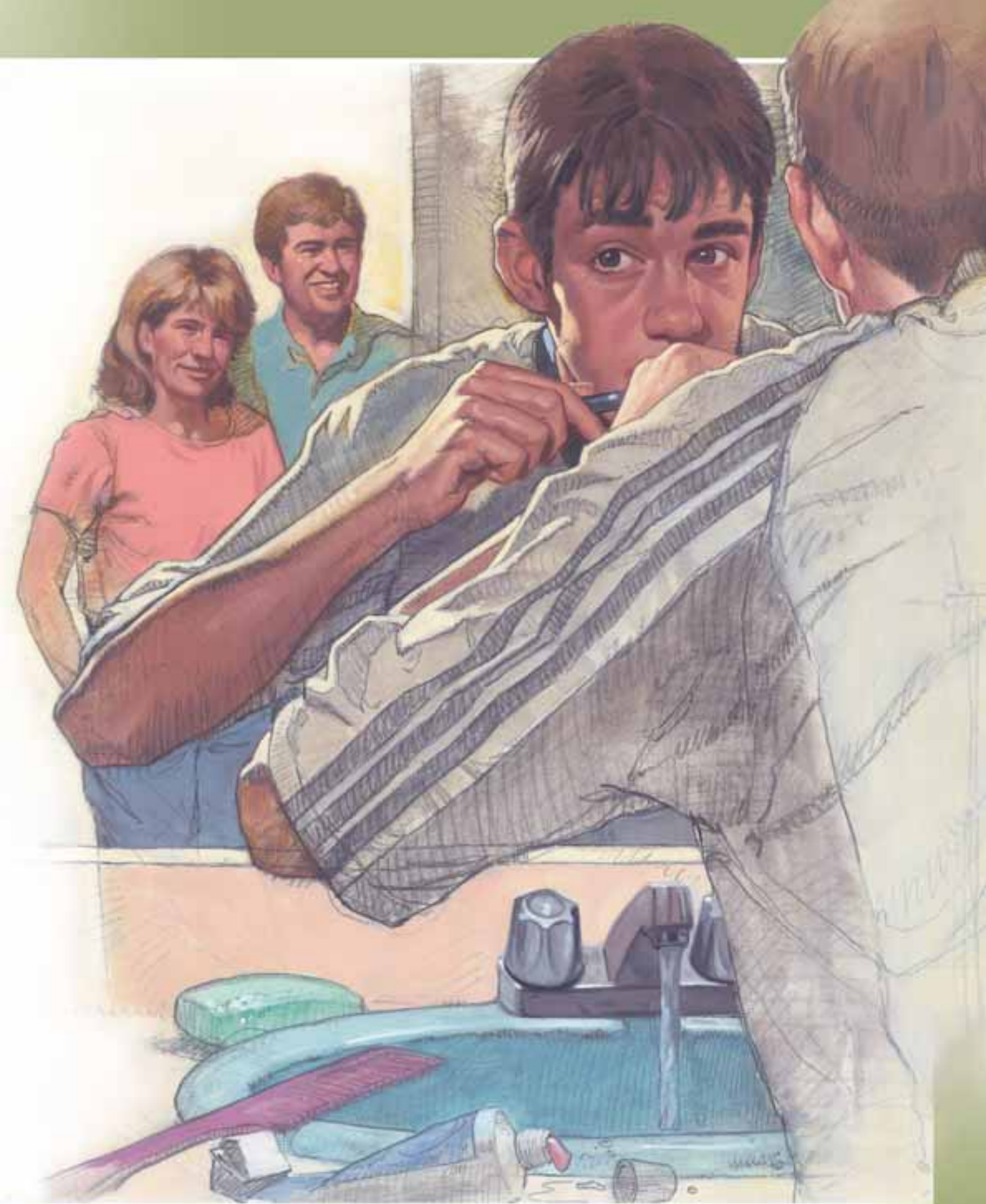
I am sure that you have anticipated the moral of this little illustration, you of high school age. It is in these years that dating begins—this custom of two sets of parents lending their teenagers to one another for the necessary and the important purpose of their finding their way into maturity and eventually into marriage. Perhaps for the first time you notice and begin to resent the interest of your parents in and their supervision of your activities.

Dating leads to marriage. Marriage is a sacred religious covenant and in its most exalted expression may be an eternal covenant. Whatever preparation relates to marriage, whether it be personal or social, concerns us as members of the Church.

If you are old enough to date, you are old enough to know that your parents have not only the right but the sacred obligation, and they are under counsel from the leaders of the Church, to concern themselves with your dating habits.

If you are mature enough to date, you are mature enough to accept without childish, juvenile argument their authority as parents to set rules of conduct for you.

No sensible father would lend your new convertible to anybody, to go anywhere, to do anything, to come back anytime. If you are old enough to date, you are old enough to see the foolishness of parents who would lend their children on such an arrangement.



Don't ask your parents to permit you—their most precious possession—to go out on such flimsy agreements.

Actually, the loan of the car would not be so serious as you suppose; for should it be completely destroyed, it could be replaced. There are some problems and some hazards with dating for which there is no such fortunate solution.

Some Dating Guidelines

When you are old enough, you ought to start dating. It is good for young men and young women to learn to know and to appreciate one another. It is good for you to go to games and dances and picnics, to do all of the young things. We encourage our young people to date. We encourage you to set high standards of dating.

When are you old enough? Maturity may vary from individual to individual, but we are convinced that dating should not even begin until you are 16. And then, ideal dating is on a group basis. Stay in group activities; don't

pair off. Avoid steady dating. Steady dating is courtship, and surely the beginning of courtship ought to be delayed until you have emerged from your teens.

Dating should not be premature or without supervision. You should appreciate your parents if they see to that.

Young people sometimes get the mistaken notion that spirituality and the religious attitude interfere with youthful growth. They assume that the requirements of the Church are interferences and aggravations that thwart the full expression of young manhood and young womanhood.

How foolish is the youth who feels that the Church is a fence around love to keep him out. Oh, youth, if you could know! The requirements of the Church are the highway to love and to happiness, with guardrails securely in place, with guideposts plainly marked, and with help along the way.

How unfortunate to resent counsel and restraint. How fortunate are you who follow the standards of the Church,



even if just from sheer obedience or habit. You will find a rapture and a joy fulfilled.

Parents Love You

Be patient with your parents. They love you so deeply. They are emotionally involved with you, and they may become too vigorous as they set their guidelines for you to follow. But be patient. Remember, they are involved in a big do-it-yourself child-raising project, and this is their first time through. They have never raised a child just like you before.

Give them the right to misunderstand and to make a mistake or two. They have accorded you that right. Recognize their authority. Be grateful for their discipline. Such discipline may set you on the path to greatness.

Be open with your parents. Communicate with them. Discuss with them your problems. Have prayer with them before a date.

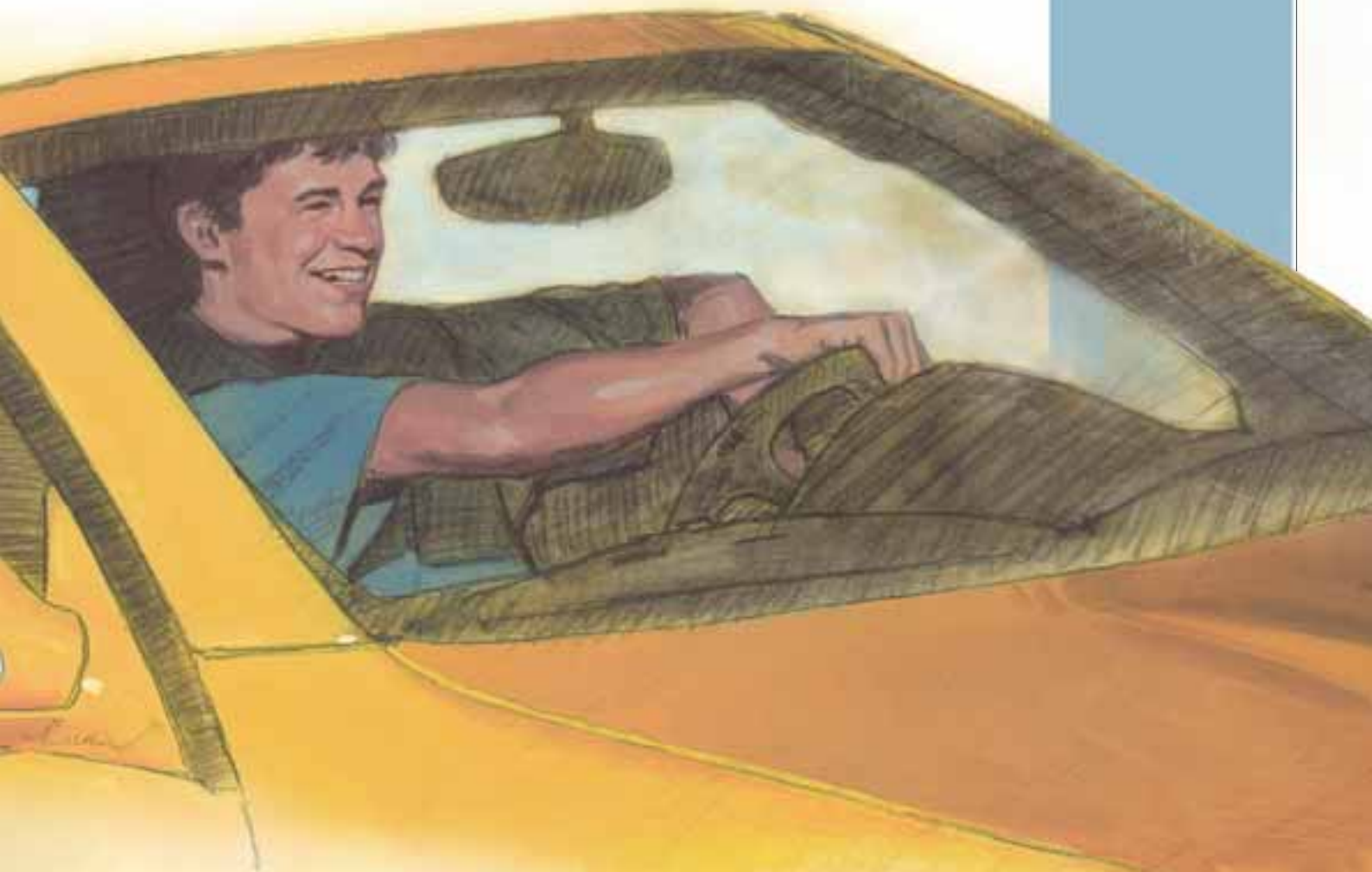
Heed the counsels from your bishop, from your priesthood and auxiliary teachers, from your seminary teacher.

Young people, "Honour thy father and thy mother." This is the first commandment with a promise: "That thy days may be long upon the land which the Lord thy God giveth thee" (Exodus 20:12).

I bear witness that God lives. You are old enough now to be told that we, your parents, are children also, seeking to follow the authority and to relate to the discipline of Him. We love you, our youth. But more than this, we respect you. ■

From an April 1965 general conference address.

When you are old enough, start dating. Go to games and dances and picnics. Ideal dating is on a group basis.



Building a Lesson

from *Teachings of Presidents
of the Church*

Struggling to prepare a Relief Society or Melchizedek Priesthood lesson? Follow a few simple principles to build an inspiring, relevant lesson.

BY JAN PINBOROUGH

Most building projects begin with two things: a set of building materials—such as boards, nails, and shingles—and a blueprint showing how to put the materials together.

Building a lesson from *Teachings of Presidents of the Church* (the Melchizedek Priesthood and Relief Society course of study) is another kind of project. You have building materials, of course—the *Teachings* book, the scriptures, and your own and your quorum or class members’ testimonies and experiences in gospel living. But where is the blueprint showing you exactly how to put these materials together into an inspiring lesson?

Most other Church manuals do contain an outline

showing how to teach each concept. But the *Teachings of Presidents of the Church* volumes are personal resource books—as well as manuals—and they do not contain lesson plans. So when you prepare a *Teachings* lesson, you are the architect as well as the builder.

Designing Your Own Plan

This task might seem daunting—especially if you haven’t had a lot of teaching experience. But designing your own lesson plan gives you great flexibility to “build to suit” the needs of your class. And following a few simple principles can make preparing an inspiring, relevant lesson a task you can accomplish.

Always begin lesson preparation with prayer. To all teachers, the Lord has given a comforting promise, along with a caution: “The Spirit shall be given unto you by the prayer of faith; and if ye receive not the Spirit ye shall not teach” (D&C 42:14). Praying for the influence of the Holy Ghost as you choose how to teach the lesson is an indispensable first step. It can make all the difference between

*In preparing to teach,
read the assigned
chapter completely,
marking quotations
that especially
impress you.*



Asking questions to encourage class discussion is usually more helpful than giving a tightly structured presentation.



an uninspiring lesson and one that will be a vehicle for true gospel learning. Sister Karen Knickerbocker, serving in the Micronesia Guam Mission, finds that her most valuable lesson preparation is “constantly praying for the sisters’ ears and hearts to be opened for understanding.”

Plan a discussion, not a lecture. “An effective *Teachings* lesson is usually more of a discussion than a tightly structured presentation,” explains R. Val Johnson, former manager of core curriculum in the Church Curriculum Department. Instead of thinking of yourself as a lecturer who must be prepared to answer every possible question, think of yourself as a guide on a



THE TEACHER’S RESPONSIBILITY

“The goal of gospel teaching today . . . is not to ‘pour information’ into the minds of class

members. It is not to show how much the teacher knows, nor is it merely to increase knowledge about the Church. *The basic goal of teaching in the Church is to help bring about worthwhile changes in the lives of boys and girls, men and women. The aim is to inspire the individual to think about, feel about, and then do something about living gospel principles.*”

President Thomas S. Monson, First Counselor in the First Presidency, in Conference Report, Oct. 1970, 107.

journey of discovery. Your role is not to give a history lesson or even a lesson about the prophet’s life. Nor is your job to create a lesson from other sources on the topic of your lesson found in the *Teachings* manual. Your role is at once more simple and more profound: to guide class members in discovering and applying to their own lives truths revealed by a prophet.

Before class, read the assigned chapter completely, marking quotations that especially impress you.

Often a chapter in *Teachings* contains far too much material to teach effectively in one class period. Marking the quotations that seem especially

important will help you make your final selection of what to read and discuss.

Choose the quotations you will use for the lesson. These quotations will be the core content you will plan to cover in your lesson. The topical headings in the chapter and the questions at the end can help you make your selection. In your planning, remember that you and the class members can spend time discussing how the quotations apply to our lives. Consider also that your assignment is not just to discuss a gospel topic, but to discuss the given prophet's teachings on that topic.

Find scriptures that support the topic. Because the scriptures are the words of the Lord, they bring His Spirit into the classroom. "The scriptures add depth and insight to the discussion," observes Rodrigo Durán of the Providencia Ward, Santiago Chile Las Condes Stake.

Plan an attention-getting introduction. The first two minutes of any lesson are critical. It is usually during these 120 seconds that class members decide whether or not they will devote their mental energy to the lesson. To introduce one Relief Society lesson, Roxana San Martín de Seguel of the Providencia Ward, Santiago Chile Las Condes Stake, passed a mirror around and asked the sisters to tell what they saw in it. "A face," said one. "A daughter of God," said another. The class members were instantly involved, and the lesson



THE STUDENT'S RESPONSIBILITY

"Education—particularly spiritual education—is constantly stressed by the Lord.

We cannot be saved in ignorance, but the Lord can only reveal light and truth to us as we are prepared to receive it. And so it is incumbent upon each of us to do everything we can to increase our spiritual knowledge and understanding by studying the scriptures and the words of the living prophets. When we read and study the revelations, the Spirit can confirm in our hearts the truth of what we are learning; in this way, the voice of the Lord speaks to each one of us. As we ponder the teachings of the gospel and apply them in daily living, we become better prepared to receive additional light and truth."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Marvelous Are the Revelations of the Lord," *Ensign*, May 1998, 32.

began with a wonderful spirit, Sister de Seguel recalls.

Select teaching methods appropriate for the topic. Object lessons, thought-provoking questions, role plays, and many other techniques can create interest and motivation to learn. For ideas on teaching methods, see *Teaching, No Greater Call* (item no. 36123) or the *Teaching Guidebook* (item no. 34595).

Apply, apply, apply. Applying lesson concepts to real life is perhaps the most crucial part of any lesson. It may also take the most thought and planning. But unless students make connections between gospel truths and their own lives, the lesson may remain merely an intellectual exercise.

Vital Jonel of the Petit Goave Branch, Haiti Port-au-Prince Mission, explains how using appropriate personal experiences brings the Spirit into his classroom: "I ask for examples from the lives of the class members. These stories edify, as well as inform and hold the attention of the class. An appropriate story, drawn from

personal experience and confirmed by a testimony of the heart, will help carry the message of the lesson."

Object lessons, thought-provoking questions, and role plays can be effective tools in capturing class members' attention. **Choose some questions ahead of time.** You might consider questions that

will help your students think about how a principle applies to people in different circumstances. Consider choosing some of your discussion questions from those at the end of each chapter. One Relief Society teacher says, "I like to ask questions that can be answered at least in part by a



particular quotation. If class members don't immediately offer their ideas, we read the quote to see what the prophet has taught. His words often jog memories, prompting class members to share their own insights and experiences." You might also want to assign a class member to read part of the lesson in advance and report to the class insights relating to that topic.

Bear your own testimony, and give others the opportunity to do so.

Sharing testimonies can help your students make the crucial step from learning to application. President Gordon B. Hinckley explained that if teachers will speak from their hearts, "it will catch fire in the hearts of those they teach."¹

Encourage class members to study the lesson before class and to discuss it at home afterward. A schedule of reading assignments can help those serving in the Primary, Young Women, and Young Men organizations to keep on track studying the chapters at home. Those attending the class might benefit from a reading schedule as well—and the suggestion that they study the lesson and bring their manuals to class. It may be easier for them to contribute to the discussion if they have their manuals in front of them and are familiar with the material. They may even find that they are more receptive to the promptings of the Spirit and more willing to share their own insights. You might also suggest that class members discuss the lesson with their spouse, roommates, or friends before and after class. That way, they can continue to see implications for their lives.

Building Something of Eternal Worth

Each time you plan and teach a lesson from one of the books in the *Teachings of Presidents of the Church* series, you are building something of eternal worth. In a time



**FOCUS ON
INSPIRED
TEACHINGS**

"Many of the inspired teachings of our modern prophets are

compiled in *Teachings of Presidents of the Church*, our course of study for Melchizedek Priesthood and Relief Society. The timeless doctrines and principles included in these books are fountains of divine wisdom and guidance. Wise teachers in wards and branches will not substitute their own subjects and wisdom but focus on these inspired teachings and their application to current circumstances and challenges."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Give Thanks in All Things," *Liahona* and *Ensign*, May 2003, 96.

when men and women need the steadying, anchoring words of God's prophets as never before, it is your great privilege to build faith in the Lord, to build understanding of His gospel, and to build strength of spirit to follow His teachings today.

"Being a teacher is wonderful!" says Patricia Arancibia de Moya of El Labrador Ward, Santiago Chile Vicuña Mackenna Stake. "If we prepare to give a lesson in the right way by seeking the guidance of the Spirit through prayer, our knowledge of

the Savior grows. We feel how beautiful the gospel is. And when we bear our testimonies to the people we teach, we are able to touch their hearts because the Holy Spirit testifies to each of them of these eternal truths." ■

Jan Pinborough is a member of the East Mill Creek Fourth Ward, Salt Lake East Mill Creek Stake.

NOTE

1. *Teachings of Gordon B. Hinckley* (1997), 620.

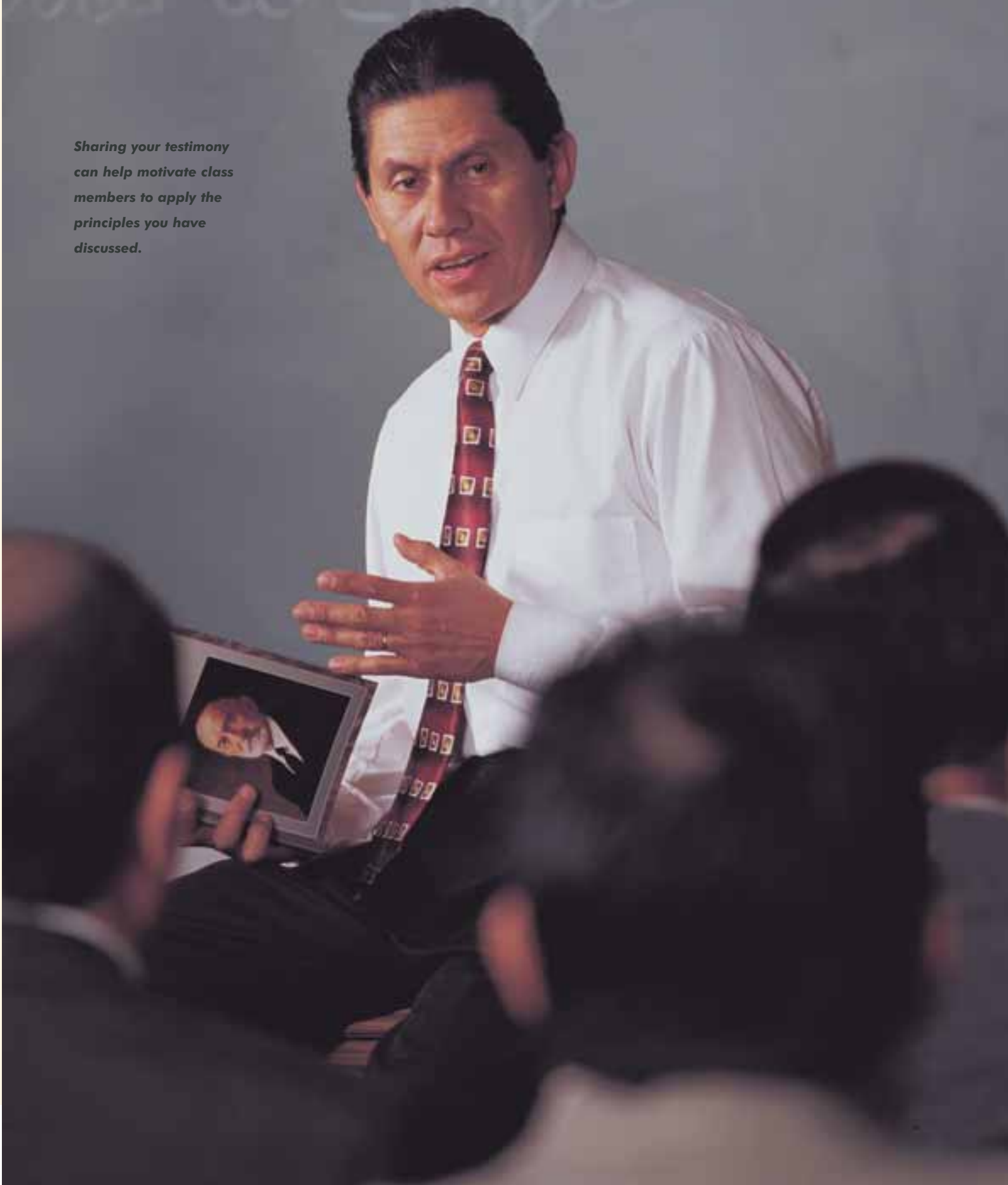
For additional help, see Dallin H. Oaks, "Gospel Teaching," *Liabona*, Jan. 2000, 94–98; *Ensign*, Nov. 1999, 78–80.

LEARNING FROM THE PROPHETS

How have you benefited most from the *Teachings of Presidents of the Church* books? We are looking for ideas, suggestions, and experiences that will inspire others to enjoy fully the blessings of studying and applying these resources. Please send your submissions to Learning from the Prophets, *Liahona*, Room 2420, 50 East North Temple Street, Salt Lake City, UT 84150-3220, USA; or e-mail to cur-liahona-imag@ldschurch.org. Include your complete name, address, telephone number, and ward and stake (or branch and district).

Power del Ejemplo

Sharing your testimony can help motivate class members to apply the principles you have discussed.







He Knows Our Suffering

Alma bore strong testimony of the Savior's compassion and understanding of our earthly tribulations.

BY ELDER FLÁVIO A. COOPER

Area Authority Seventy
Brazil South Area

When I was a new member of the Church, I heard the comment, “Nobody can read the book of Alma without coming to know the Book of Mormon is true!” This statement awoke my curiosity. It made me wonder: Who was Alma? When did he live? What did he teach?

Named after his father, also a prophet, Alma was rebellious in his youth. But in response to divine correction (see Mosiah 27:8–32), Alma the Younger mended his ways and became a great force for good. His conversion and continued diligence in serving the Lord prepared him for the call to preside over the Church in his time. He was also the chief judge to his people, a responsibility he resigned when he realized the

only way to reform the people was to teach the gospel and bear a pure and vigorous testimony of Jesus Christ (see Alma 4:16–20).

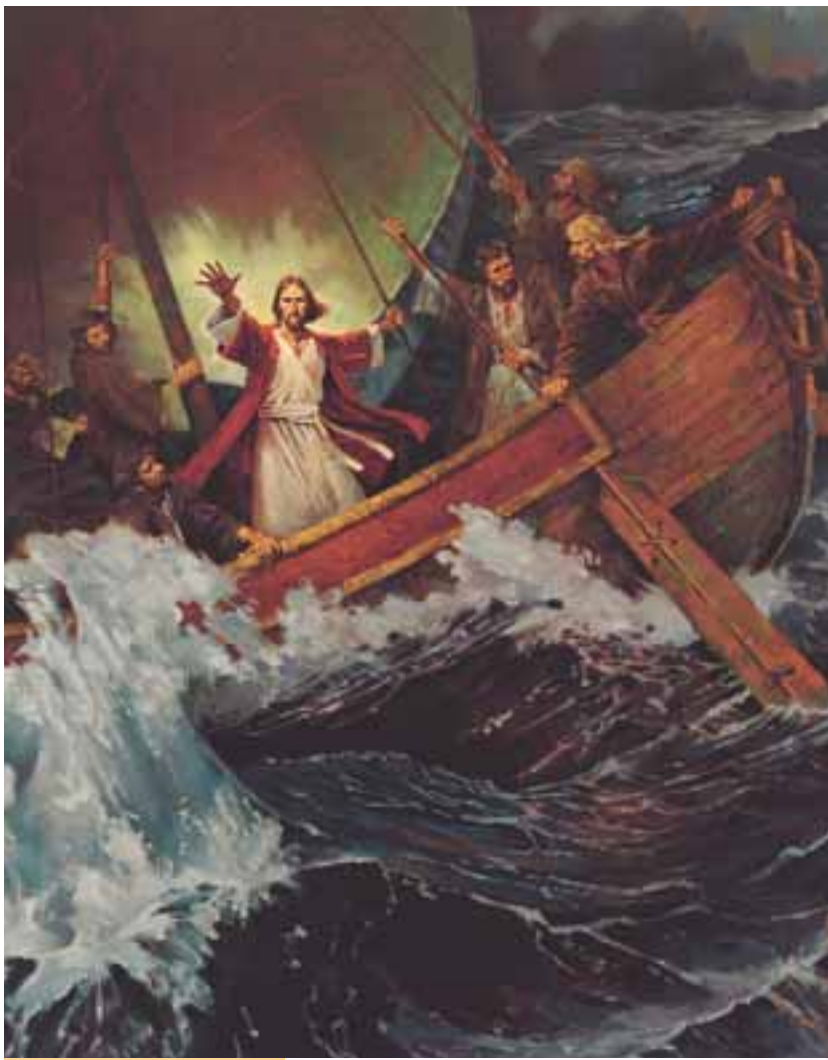
A portion of Alma’s eloquent testimony of the Savior is summarized in Alma 7:10–13. First, Alma teaches that the Savior would have a miraculous birth in the flesh as the Son of God, explaining that He would suffer “pains and afflictions and temptations of every kind” in fulfillment of prophecy (v. 11). Second, the Lord would take upon Himself physical death, that He might “loose the bands of death which bind his people” (v. 12). And third, the Savior would take upon Himself the sins of His people, “that he might blot out their transgressions according to the power of his deliverance” (v. 13).

He Understands Our Trials and Suffering

Alma’s prophetic testimony of the Lord’s life and His Atonement and Resurrection—a testimony sealed with a prophetic blessing (see Alma 7:25–26)—was given about 83 years before our Savior’s birth. Central to Alma’s message is the fact that by Christ’s suffering



Alma’s prophetic testimony of the Lord’s life and His Atonement and Resurrection was given about 83 years before our Savior’s birth. Central to Alma’s message is the fact that by Christ’s suffering and death in the flesh He would be filled with mercy.



The disciples “marvelled, saying, What manner of man is this, that even the winds and the sea obey him!” He is the Christ, the Son of God, the Creator of heavens and earth—He who calms the storms in our lives.

and death in the flesh He would be filled with mercy, “that he may know according to the flesh how to succor his people” (Alma 7:12). The Savior’s experiences were such that there is not a single trace of our problems or afflictions that He does not know deeply. He who was so misunderstood and despised, who suffered both physically and spiritually (see Mosiah 3:7; D&C 19:18–19), who was tempted by the adversary to forsake His mission (see Matthew 4:1–11), nevertheless remained blameless and without sin (see Hebrews 4:15).

Thus the Lord knows deeply of our human afflictions; He is able to understand them and to be compassionate whenever we are involved in difficult situations, having perfect empathy.

Through the Prophet Joseph Smith, the Lord promises that “thine adversity and thine

afflictions shall be but a small moment; and then, if thou endure it well, God shall exalt thee on high” (D&C 121:7–8). He continues: “All these things shall give thee experience, and shall be for thy good. The Son of Man hath descended below them all. Art thou greater than he? Therefore, hold on thy way, . . . for God shall be with you forever and ever” (D&C 122:7–9).

As we seek Him, the Lord, in the greatness of His love, teaches and counsels us, showing His care for us even in our afflictions.

He Succors Us in Our Afflictions

The Savior can respond to our requests for help in several ways, including (a) relieving or lightening our burdens, (b) increasing our strength to carry our burdens, (c) allowing increased burdens to give us needed experience, and (d) not providing immediate help in order to test and strengthen our faith and to teach us.

The scriptures are replete with examples of the Lord lifting the burdens of His people (see, for example, Alma 36:16–23; 3 Nephi 17:7). And beyond the scriptural accounts are innumerable experiences in the lives of His followers in many eras that demonstrate the real fulfillment of the Savior’s promise: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

Sometimes our burdens are not removed, but our strength to carry them is increased. One example is the story of Limhi and his people. The Lamanites “put heavy burdens upon their backs,” oppressing them (see Mosiah 21:3). The people of Limhi humbled themselves and prayed that God “would deliver them out of their afflictions” (v. 14).

Heavenly Father heard “their cries, and began to soften the hearts of the Lamanites that they began to ease their burdens; *yet the Lord did not see fit to deliver them out of bondage*” (v. 15; emphasis added). Just a few chapters later in Mosiah, similar help came to another group when “the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord” (Mosiah 24:15). Many times our brothers and sisters in the gospel offer talents, counsel, resources, time, care, or priesthood blessings to help us bear our burdens, “that they may be light” (Mosiah 18:8).

Sometimes our burdens even increase to give us needed experience. I remember an occasion when I was a bishop. There were several members in the ward going through some dire problems; I felt a heavy responsibility on my shoulders. One night I poured out my soul to the Lord, supplicating Him to take from my shoulders the burden that weighed so heavily on me.

It was a special prayer. He heard and answered it. A few weeks later I was released as bishop and called to preside over a large stake.

Elder Helio da Rocha Camargo, a former member of the Seventy, once told of a ward clerk who sincerely prayed that he would be able to learn what he needed to know to fulfill his calling. At the time, all statistical and financial records were kept manually, without the help of a computer. That month, it seemed every possible problem occurred for this ward clerk: bank statements did not reconcile, records contained incorrect dates, and so on. These problems brought extra and overwhelming work. That clerk went to Heavenly Father in prayer and said, “Father, I asked Thee to help me learn to be a clerk, and then all sorts of problems happened with the records.” The response came quickly to his mind: “And didn’t I help you?”



As we seek Him, the Lord, in the greatness of His love, teaches and counsels us, showing His care for us even in our afflictions.

Without a doubt, we learn more and develop ourselves more as we are guided by the Lord through the problems, challenges, and opportunities we face (see 1 Nephi 1:1), including our callings in the Church.

President John Taylor (1808–87) said that afflictions shouldn’t overwhelm us, but we should rejoice in our challenges, for we need these experiences for our eternal well-being with God.¹

Our living prophet, President Gordon B. Hinckley, said that regardless of the tribulations that come to many and in various forms, “ours is the duty to walk by faith, rising above the evils and trials of the world.”²

He Will Not Forsake Us

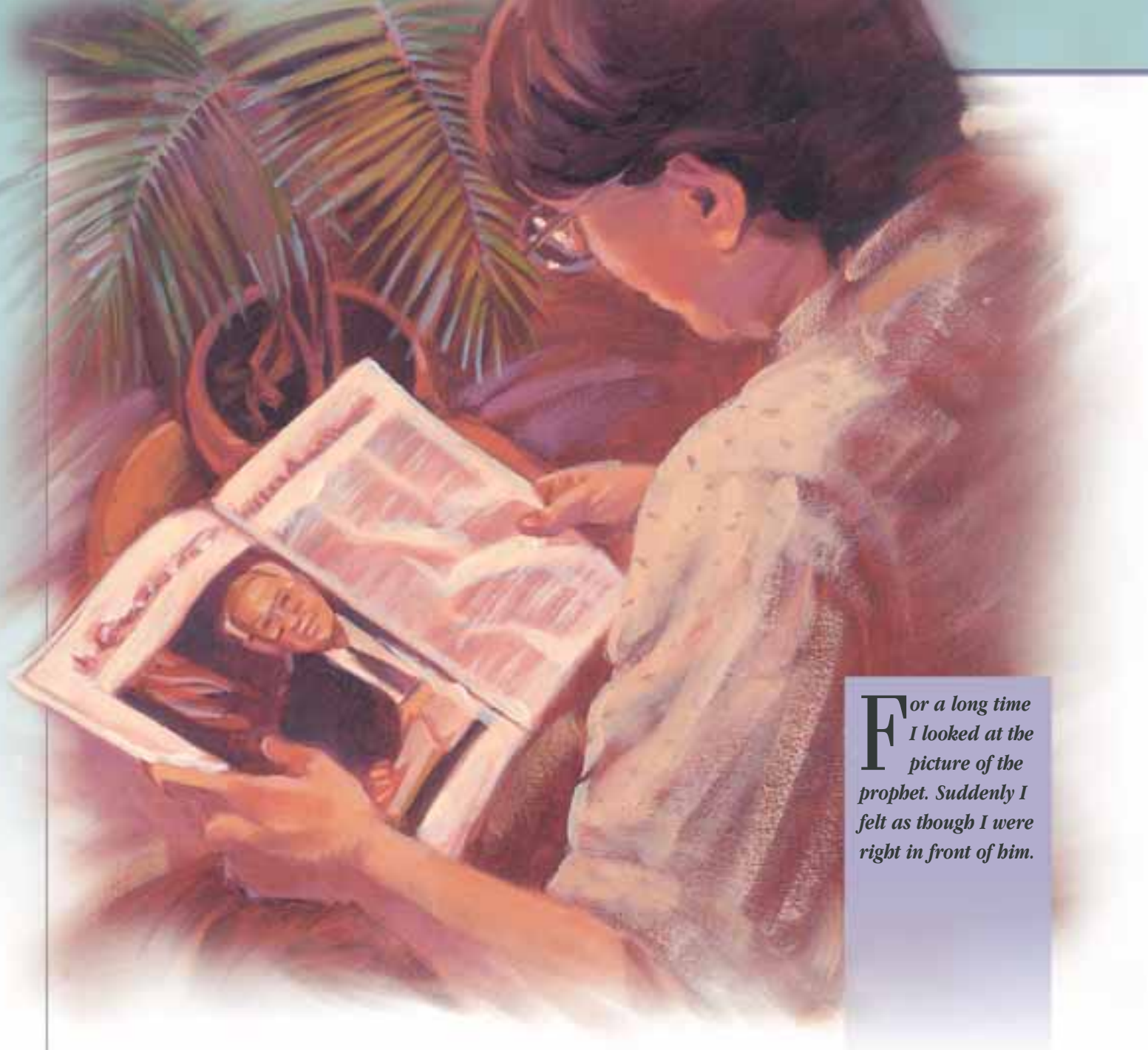
If the Lord does not remove our afflictions when we want, it may be for our good and to fulfill His purposes, though we may not always understand why at the moment. Such times can be a test of faith or even a learning experience. Divine comfort, support, or deliverance may well come later. A scriptural example is the Savior’s intentional delay in going to Bethany to help Lazarus (see John 11:4, 6, 21–44).

Another example of delayed deliverance occurred on the Sea of Galilee, when the Lord did not immediately calm the storm. Even as gusting winds and waves tossed and covered the boat to the point that His disciples believed they would perish, the Master slept (see Matthew 8:23–26). Then in a majestic exercise of divine power, the Lord controlled the elements, subdued the storm, and brought calm. The disciples “marvelled, saying, What manner of man is this, that even the winds and the sea obey him!” (v. 27).

I testify that He will not forsake us. He is the Christ, the Son of God, the Creator of heavens and earth. He who calms the storms in our lives knows how to succor His people. ■

NOTES

1. See *Teachings of Presidents of the Church: John Taylor* (2001), 207.
2. *Stand a Little Taller* (2001), 164.



For a long time I looked at the picture of the prophet. Suddenly I felt as though I were right in front of him.

How Could I Sustain Him?

By Irene Coimbra

I had been a member of The Church of Jesus Christ of Latter-day Saints only a short while, and I was very happy. I arose early every Sunday to attend church with my young daughter, and I knew I was being well fed spiritually. Then one

Sunday I had a disturbing experience.

It was ward conference, and when our stake president spoke, his words were very special to me. Then he said, “Brothers and sisters, I would like you to raise your right hand to show that you sustain President

Gordon B. Hinckley as our prophet and President of the Church.” All 50 or so members of my ward raised their hands—except me. The stake president then asked that we sustain the other General Authorities. Once again I did not raise my hand. Finally he asked us to sustain our local leaders. “Now I can raise my hand,” I thought. “I know these leaders, so I can sustain them.”

No one asked me why I had not raised my hand to sustain the prophet and the General Authorities—probably because they knew I was a new member of the Church. But the experience continued to disturb me. “How can I sustain President Hinckley when I do not know him?” I wondered. “And how can I possibly know him when I live in Brazil and he lives in the United States? To sustain him, I need to know him and see him face to face.”

Then the Spirit began to speak to me: “You never saw Jesus Christ face to face, but you sustain Him.”

“Yes, but I know Him through the scriptures, which testify of Him.”

“You can also know the prophet, even without seeing him face to face.”

“How?”

“By reading and pondering his words. Pray for guidance from Heavenly Father, and He will help you to understand how to sustain the prophet.”

And that is what I did. During the following days I read several of President Hinckley’s talks. I watched him and listened to him speak on videos, observing every detail I could about him and his teachings. And I prayed for understanding.

Then one day as I was reading an article in the *Liabona*, President Hinckley’s words penetrated my soul deeply: “It is never too late to learn. I believe this with all my heart” (“A Conversation with Single Adults,” *Liabona*, Nov. 1997, 22; *Ensign*, Mar. 1997, 62). I also believed with all my heart and felt that it

was not too late for me to learn.

For a long time I looked at the picture of the prophet printed beside his article. Suddenly I felt as though I were right in front of him. I looked at his eyes—eyes that seemed to speak of eternity. I looked at his face—which radiated peace. I had studied his teachings and felt the Spirit testify of them. For the first time I knew that I knew President Hinckley and that I could trust him and sustain him.

Profound well-being enveloped me, and I felt a desire to raise my right hand, not only in front of the members of my ward, but in front of the entire world. Through the witness of the Spirit, I could declare with complete conviction, “I too sustain the prophet.” ■

Irene Coimbra is a member of the Jardim Independência Ward, Ribeirão Preto Brazil East Stake.

Encircled by Her Love

By Ethelyn D. Graham

It was a bright, clear morning, and I was preparing to give a bridal shower. I love giving parties—any kind, any time, any number of people. Why, then, couldn’t I shake this black heaviness that kept threatening to reduce me to tears? A recent family problem had brought my husband and me many sleepless nights and much despair, and we had been

pleading with the Lord for help.

Although I had offered silent prayers all morning, I could not suppress my anguish. Past experience had taught me that a kind Heavenly Father could lift me from the depths when I was sufficiently in tune. But there was little time left before I would need to have pulled myself together to look after my guests.

Only an hour before the party, I looked up to see the Relief Society compassionate service leader coming up the path. She looked at me for a long moment and said, “I felt I needed to come see you this morning.” My first thought was that there must be some problem. I was the Relief Society president, and I knew I must take whatever time was needed.

Then Norma’s arms were around me. She held me and told me how much she loved me. This dear woman had been quietly putting her arms around sisters in need for a long time. Many had recounted their joy at having her appear miraculously when they needed her most.

Now I was encircled by her love when I needed it most. The tears I had been fighting all morning ran freely. But what had been tears of desperation and pain now turned to the sweet release that cleanses the soul and brightens the outlook.

Ten minutes later she was off down the walk, and I knew that an angel had ministered to my needs that day. ■

Ethelyn D. Graham is a member of the Bountiful Fourth Ward, Bountiful Utah South Stake.

Missing!

By Christopher Alan Klein

Late one evening shortly after I had been called as bishop, I received a telephone call from a distressed member. She told me her elderly husband was missing. He had left home to perform some errands and was long overdue. Tearfully, this sister explained that

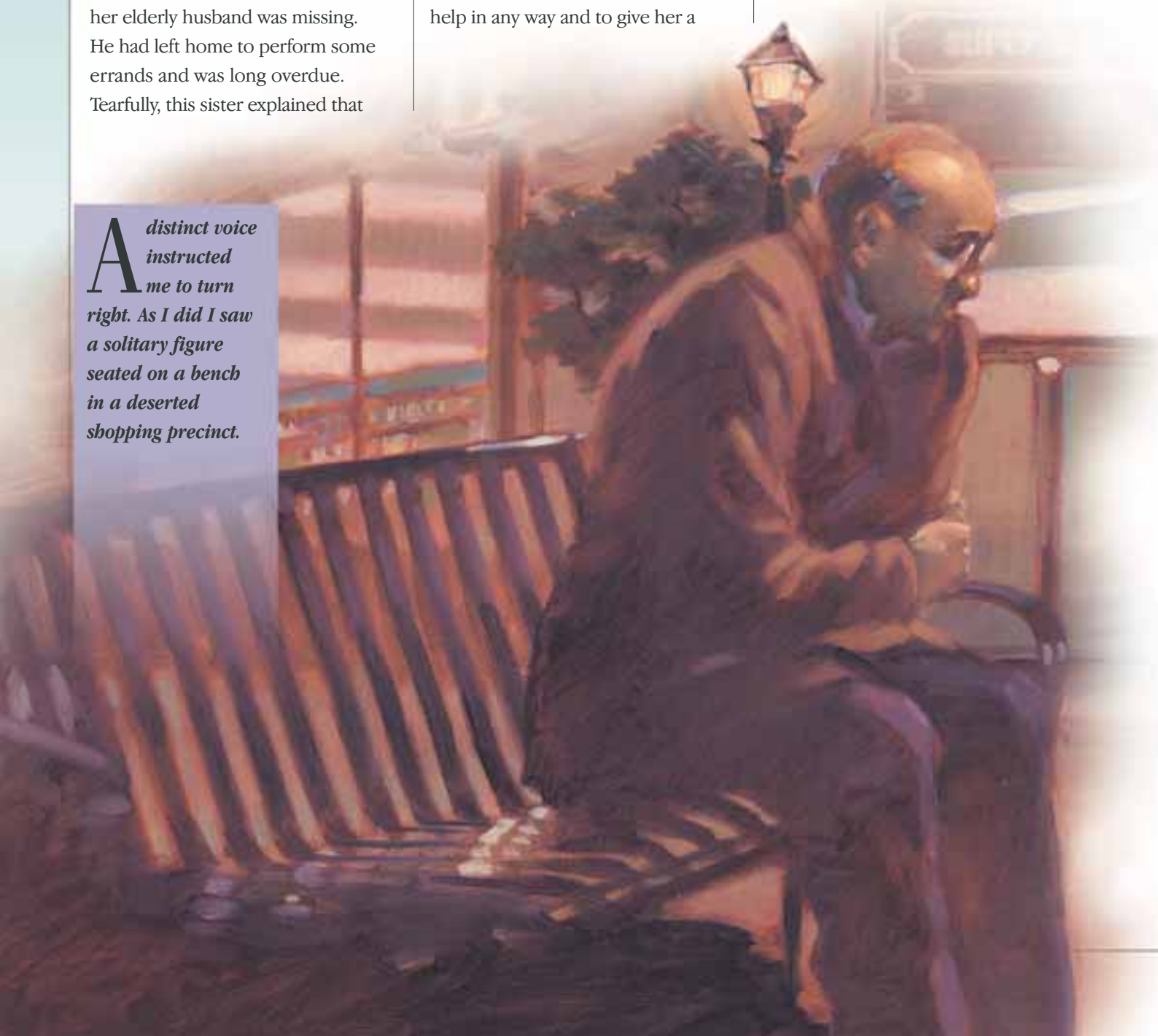
she had called all the hospitals in Southampton to check if he had been admitted following an accident of some sort. The police had also been alerted and were on the lookout throughout the city.

I said I would visit immediately to see if the ward members could help in any way and to give her a

priesthood blessing if she wished. She gratefully agreed.

I quickly called the elders quorum president. By now it was after 10:30 P.M. I didn't normally like to bother members late at night, but

A *distinct voice instructed me to turn right. As I did I saw a solitary figure seated on a bench in a deserted shopping precinct.*



this was an exceptional situation and I knew I could rely on Brother Rosser to assist me.

When we arrived at the sister's home, members of her family were there, and it soon became clear that all that could reasonably be done to help had been done. There was little to do other than to offer comfort and perform the priesthood blessing. We laid our hands upon this dear sister's head and blessed her by the power of the Melchizedek Priesthood. But when I reached the point when one usually adds comfort and insight as directed by the Spirit, my mind was completely blank. I found myself pleading with Heavenly Father for some words with which I might bless her, while simultaneously examining my life to see if some personal unworthiness was acting as an impediment to divine communication. After what seemed a lengthy silence, I was at last inspired to ask Heavenly Father to bless her with the Holy Ghost in His role as Comforter and then I closed the blessing.

After the blessing as Brother Rosser and I walked to the car, I expressed my concerns about feeling nothing other than to make the request concerning the Holy Ghost. The more I dwelt on the matter, the more my fear increased that something dreadful had happened to the missing husband.

It was now past midnight. As Brother Rosser and I drove away, I

felt impressed to drive through a particular district of town rather than taking the direct route home. Brother Rosser agreed that we should follow the impression.

After a few minutes we were halted by a red traffic light where I intended to make a left turn. At that moment what seemed to be a loud and distinct voice instructed me to turn right. The light changed to green, and I turned right. As we drove over the junction, I saw a solitary figure seated on a bench in a deserted shopping precinct. I pulled over, and we got out of the car. As we approached the person huddled against the cold, we called out the name of the missing man. He looked up, and we recognized him. We had been sent directly to him!

This elderly brother had fallen and been knocked out earlier in the day. By the time we found him, he had regained consciousness but was in pain and suffering from exposure to the cold. We quickly called the police, summoned an ambulance, and informed his wife that he had been found.

After we had ensured that all was well, Brother Rosser and I started again for home. We reflected upon what had happened. We had been specifically guided by the Holy Ghost. Our tears flowed freely.

I learned a number of things that night. First, we should give only the blessings we are inspired to give, not those we think the recipient would like

to hear. Second, a priesthood holder must always keep himself worthy to be called upon at a moment's notice. Third, Heavenly Father makes known His will in His own time and way. Fourth, we need to recognize the many ways in which the Holy Ghost communicates to us and to act upon those promptings when we receive them. Finally, I learned that at times the Lord does intervene directly to help, and we can sometimes be the means through which His help comes. I am grateful for the many lessons of that cold, dark night. ■

Christopher Alan Klein is a member of the Southampton Ward, Portsmouth England Stake.

Protect Me on My Way

By Gloria Olave

Please don't panic, ma'am, but your son was hit by a car on the way to school."

The young woman's words fell on my ears with the intensity of a bomb. Without stopping to think, I threw down the phone, snatched my sleeping little girl, and ran toward the school. I wept and prayed.

Within minutes I was at the school. There was five-year-old Abraham, sitting in his classroom, looking completely healthy, and telling me that he had been hit by a car. I looked him over, and although I could see no apparent harm from

the accident, we took him to the hospital.

When we got to the emergency room, we saw a man with his head down, sobbing. Someone must have pointed me out to him, because while the doctors examined my son, the distraught man nervously approached me and said, "I am the one responsible for hitting your son. I will take care of the expenses for anything that has to be done."

The man began to tell me exactly what had happened. He had driven

through an intersection with a traffic light that was out of order and didn't see the boy crossing the street in front of the stopped bus. He noticed the child only after striking him with the car. He said the impact felt as if he had hit a brick wall. The collision destroyed his car and caused injury to his passengers. He told me he had shut his eyes and thought about the little child lying on the street.

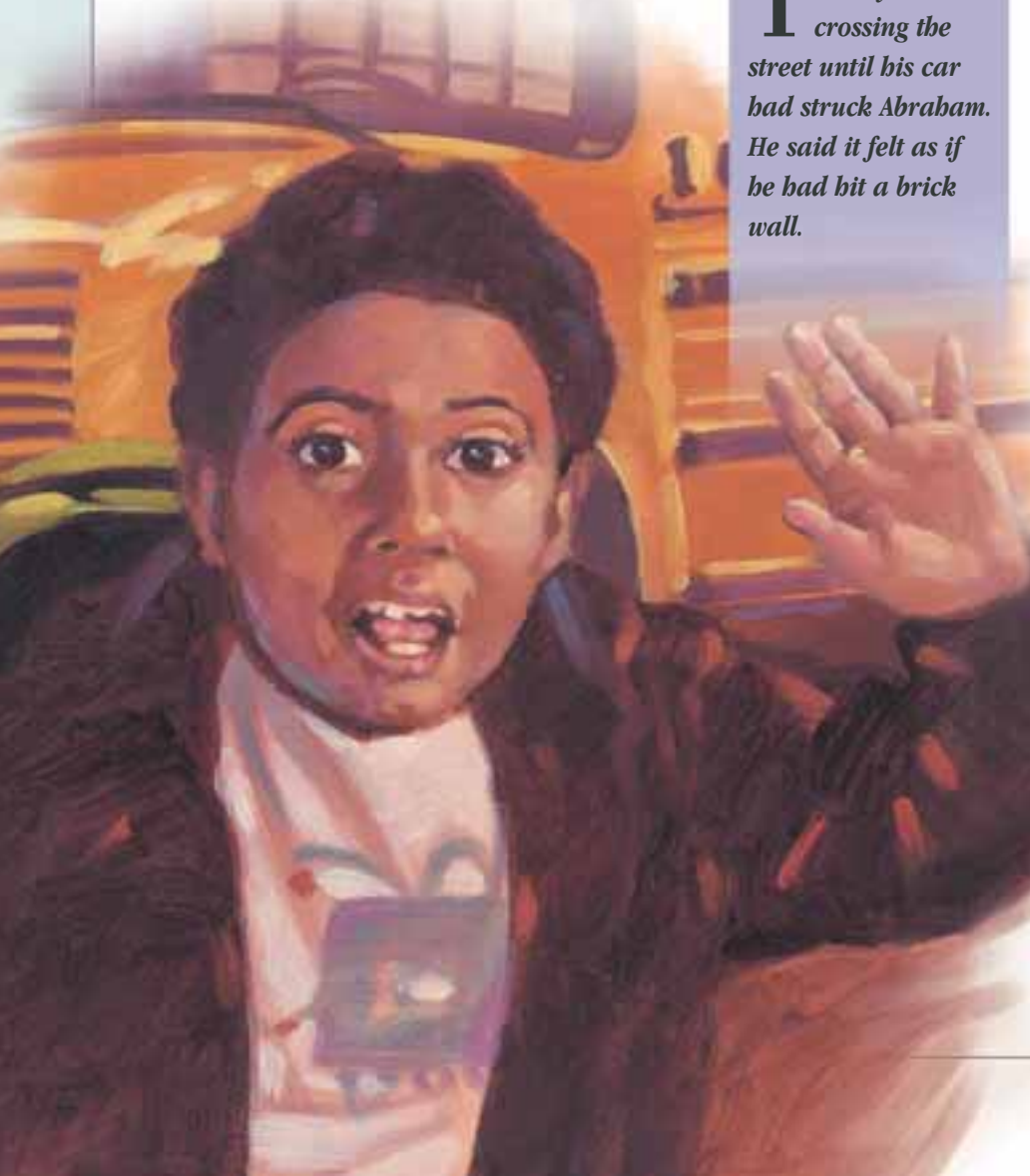
T*he man didn't see my son crossing the street until his car had struck Abraham. He said it felt as if he had bit a brick wall.*

In his despair at reliving the experience, the man did not even notice that my son was now running and jumping through the halls. Suddenly, he stopped his story, and his eyes began to follow the leaps and jumps of Abraham. He cried, "It's him. It's him! It's a miracle!" He looked at me and said, "I don't believe in God, but I'm going to tell you something. I hit something very hard and strong. If you believe in anything, be thankful, because a host of angels protected your little boy today."

That was when I remembered the prayer Abraham had offered that morning. He had a habit of saying very long prayers, which included gratitude for everything from our distant relatives to the dishes on the table. But on this particular day he had been very brief and had said only, "Heavenly Father, protect me on my way to school."

We later went to the site of the accident, and I saw with my own eyes the magnitude of the damage to the man's car. A wheel was out of place, a door was dented in, and the bumper was destroyed. But my little Abraham had just a scratch on his elbow. Although I know all prayers are not answered so quickly or so dramatically, Abraham is a living witness of the love and power of God. ■

Gloria Olave is a member of the Paterson First (Spanish) Branch, Paterson New Jersey District.



Did You Know?



How Firm a Foundation

“How Firm a Foundation” was first published in 1787. Emma Smith included it in the first Latter-day Saint hymnal in 1835.

This hymn helped comfort the persecuted Saints. After the massacre at Haun’s Mill in 1838, during which her husband and son were killed, Amanda Smith gathered with the mourning women and children at the home of one of the Saints. They prayed aloud for comfort. One day the state militia told the Saints that if they did not stop, they would be killed. It wasn’t safe to pray aloud in the house, so Amanda sneaked into a cornfield.

“When I emerged from the

corn,” she said, “a voice spoke to me. It was a voice as plain as I ever heard one. It was no silent, strong impression of the spirit, but a *voice*, repeating a verse of the Saints’ hymn:

*“The soul that on Jesus hath leaned
for repose,*

I will not, I cannot, desert to his foes;

*That soul, though all hell should endeavor
to shake,*

I’ll never, no never, no never forsake!

[Hymns, no. 85]

“From that moment,” Amanda said, “I had no more fear.” (See Karen Lynn Davidson, *Our Latter-day Hymns* [1988], 115.) This hymn is still a reminder of the protecting power of the Savior.

Test Your Knowledge

The Prophet Joseph Smith spent many months translating—revising by revelation—the King James Version of the Bible. The revision in English restores many of the plain and precious truths that have been lost from the Bible (see 1 Nephi 13). The book of Moses and Joseph Smith—Matthew in the Pearl of Great Price are portions of the Joseph Smith Translation.

See if you can answer these questions about the Joseph Smith Translation.

1. Joseph Smith started this translation in June 1830. When did he finish most of it?



- a. December 1831
- b. June 1832
- c. July 1833

2. The Prophet had at least three scribes help him as he was translating. Which one recorded most of the Joseph Smith Translation?

- a. Oliver Cowdery
- b. John Whitmer
- c. Sidney Rigdon

3. Which article of faith states, “We believe the Bible to be the word of God as far as it is translated correctly”?

- a. Fifth
- b. Eighth
- c. Eleventh



Leadership Tip

Early in the reign of the judges, Alma and the other Church leaders worked hard to lead the people of Nephi. Their examples still apply today. You can read about them in Alma 1:26.

Being an effective leader takes humility and hard work. As you read the Book of Mormon, notice the qualities of great leaders and apply them to your life.

Answers: 1c, 2c, 3b

LEFT: PHOTOGRAPH POSED BY MODEL; ABOVE: KORIHOR CONFRONTS ALMA, BY ROBERT T. BARRETT, MAY NOT BE COPIED

Resources to keep you pointed in the right direction



The Church's Web site offers a variety of resources in several languages.*

You can find:

- Links to your country Web site.
- Past issues of the *Liabona*.
- Archives of general conference addresses.
- Lesson manuals and resource materials.
- Gospel information for your friends and neighbors.

Simply visit **www.lds.org** for a complete list of Church-produced materials available online in your language.

Click on the world map in the upper right corner of the home page. For links to country Web sites, click on the link "Country Sites" in the upper right corner of the home page.

Visit **www.mormon.org** for basic gospel information to share with your friends and family.

Click on the box in the upper right corner of the home page for available languages.

**Availability of material varies by language.*

the Friend



The Race

BY PRESIDENT THOMAS S. MONSON
First Counselor in the First Presidency

In [everyone's] conscience lies that spirit, that determination to measure up to the stature of true potential. But the way is rugged, and the course is [challenging]. So discovered John Helander from Göteborg, Sweden. John is handicapped, in that it is difficult for him to coordinate his motions.

At a youth conference in Kungsbacka, Sweden, John took part in a running race. He had no chance to win. Rather, his was the opportunity to be humiliated.

What a race it was! Struggling, surging, pressing, the runners bolted far beyond John. There was wonderment among the spectators. Who was this runner who lagged so far behind? The participants on their second lap of this two-lap race passed John while he was but halfway through the first lap. Tension mounted as the runners pressed toward the tape. Who would win? Who would place second? Then came the final burst of speed; the tape was broken. The crowd cheered; the winner was proclaimed.

The race was over—or was it? Who is this contestant who continues to run when the race is ended? He crosses the finish line on but his first lap. Doesn't the foolish lad know he has lost? Ever onward he struggles, the only participant now on the track. Every eye is on this valiant runner. He makes the final turn and moves



Each of us must face difficult tasks. President Monson teaches that we have help along the way.

toward the finish line. There is awe; there is admiration. As John approaches the finish line, the audience, as one, rises to its feet. Stumbling, falling, exhausted but victorious, John Helander breaks the newly tightened tape. The cheering echoes for miles.

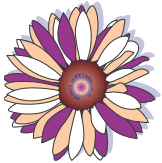
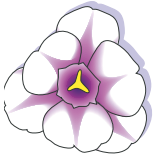
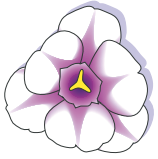
Each of us is a runner in the race of life. But you and I do not run alone. That vast audience of family, friends, and leaders will cheer our courage, will applaud our determination as we rise from our stumblings and pursue our goal. The race of life is not for sprinters running on a level track. The course is marked by pitfalls and checkered with obstacles. We take confidence from the hymn:

*Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.
I'll strengthen thee, help thee, and cause thee to stand,
Upheld by my righteous, . . . omnipotent hand.*
(“How Firm a Foundation,” *Hymns*, no. 85)

Let us shed any thought of failure. Let us discard any habit that may hinder. Let us seek; let us obtain the prize prepared for all, even exaltation in the celestial kingdom of God. ●

From an April 1987 general conference address.





A HOUSE OR A *Home*

BY SHEILA E. WILSON

“And ye will not have a mind to injure one another, but to live peaceably” (Mosiah 4:13).



Picture a house. Are you imagining a building with windows and a door? A house is where families eat, sleep, and live. A house becomes a home when family members learn together, help each other, and do fun things.

Many years ago a fire destroyed a family’s house. A neighbor tried to comfort the family’s seven-year-old boy by saying, “Johnny, it’s too bad your home burned down.” Johnny thought for a moment and said, “Oh, that was not our home; that was just our house. We still have our home; we just don’t have any place to put it right now.” Johnny knew that the fire had not destroyed his family and their kind feelings for one another.

What are you doing to make your house a home? You invite the Spirit into your home when you show love and care for family members. You can make a difference in your family and in your home as you live the teachings of the gospel.

When Weldon was five years old, his mother asked how he would act if Jesus came to their home. Would he change the way he treated family members? His mom gave him a picture of a house and some paper flowers. Each time he shared with his brothers or did not quarrel, he could paste a flower on the house. The picture reminded him to make his house a home.

Making Your House a Home

Cut out the flowers on page F4. Then write your family’s name on the nameplate on the house. When you serve your family or live gospel teachings, glue a flower on the house. As you add flowers, your house will become a home. Place it where it will remind you to make your own house a home!



Sharing Time Ideas

1. Read the story of Jesus Christ visiting the Nephites and commanding them to pray (see 3 Nephi 18:17–21). On the chalkboard write “Family prayer strengthens my family.” Write scripture references about prayer (see below) on pieces of paper, and tie each paper to a stick. Have each class read a scripture and discuss the blessings of prayer (for example, Alma 37:37; 3 Nephi 18:15; 3 Nephi 18:20; 3 Nephi 18:21; Moroni 10:4–5; D&C 68:28; D&C 88:63; D&C 112:10). To report, have each class read the scripture, tell the blessing in the scripture, and bring the stick to the front. Once all the sticks have been collected, tie them together. Ask a child to try to bend the bundle of sticks. When the sticks are bundled together, they become stronger. Similarly, the blessings of prayer can strengthen our families. Share an experience when your family was strengthened through family prayer. Sing a song or hymn about prayer. To conclude, have the children draw and color a picture illustrating 3 Nephi 18:21 to display in their homes.

2. Draw a large outline of a house on the board. Draw a table and chairs inside the house. Give five or six children pieces of chalk, and whisper to them to draw a family member at the table reading the scriptures. Have the pianist play a song or hymn about the scriptures, and have the Primary guess what the family in the picture is doing. Point out that just as the children were told what to draw, the Lord speaks to His children through the scriptures. The scriptures can help us if we read them regularly, pray about them, and follow their teachings. Help the children memorize D&C 19:23 (see Teaching, No Greater Call [1999], 171–72). Have each class learn and act out a verse (excluding verse 8) from “Book of Mormon Stories” (Children’s Songbook, 118–19) and then sing it to the Primary. Challenge the children to be prepared to recite D&C 19:23 next Sunday. ●

Scriptures *in a* **SUITCASE**



“The Book of Mormon and the holy scriptures are given of me for your instruction” (D&C 33:16).

BY JENNIFER JENSEN

Based on a true story

Keryn stuffed an extra pair of jeans into her suitcase, then squeezed it shut.

“There!” she said to herself.

She had been looking forward to the school trip for months. Her class would be at camp for two days, living like pioneers—making candles, cooking over fires, even helping to build a log cabin.

Keryn glanced around the room, trying to spot anything she had missed. Her toothbrush was packed. She had clean clothes and an extra pair of shoes—oh, she’d better grab her old sweatshirt.

As she picked up her sweatshirt off the floor, her eyes fell on her scriptures on the table by the bed, and she froze.

Each member of her family had agreed to read the Book of Mormon daily, and so far Keryn hadn’t missed a night. But how was she supposed to read it in a cabin full of girls from school? With a sigh, she unlatched her suitcase, stuffed her scriptures between T-shirts and jeans, and sat on the suitcase to close it.

Maybe she could find some quiet time to go off by herself and read.

“C’mon, Keryn. Race you to the campfire!” Sarah took off, and Keryn ran to catch up.

The day had been fun and very busy. Keryn had chopped at a log to help build the cabin, dunked candlewicks into wax over and over, carved a whale out of soap, and swum in the lake.

The fun carried on through the campfire time of singing songs and listening to a storyteller. Finally, Keryn, Sarah, and two of their cabinmates marched through the darkness to the cabin arm in arm, singing loudly.

The girls flopped onto their bunk beds, told stories, and laughed about the day. Then one by one they began to get ready for bed.

Keryn brushed her teeth, then climbed onto her top bunk and listened to the others. She had decided to leave her scriptures in the suitcase, but she just didn’t feel right. Then these words came into her mind: “Read them. You know you need to read them.”

Reluctantly, Keryn climbed out of bed and pulled her scriptures out of her suitcase. Then she climbed back





up and tried to open the Book of Mormon without being noticed.

No such luck. She had just found her place in Mosiah when Sarah poked her head over the edge of the bunk. “What are you reading?” she asked.

“OK,” Keryn told herself, “it’s time to be a missionary.”

“It’s a book like the Bible, and it’s called the Book of Mormon,” she said aloud.

Sarah climbed up on the bunk with her. “What’s it about?”



“My love for the Book of Mormon is ever-increasing. It seems that every time I read from it, new light flows to me from its pages. I love this sacred and choice book.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “We Add Our Witness,” *Tambuli*, Dec. 1989, 13; *Ensign*, Mar. 1989, 5.

Carol and Tasha gathered around too.

Keryn sat up. “Well, right now I’m in a part called Mosiah, and a prophet named Abinadi is preaching the gospel to the wicked king and his priests. He’s telling them about the Ten Commandments and all the things they should already know. But they’re doing evil things instead.” She scooted over so Tasha could climb up.

“What happens to them?” Tasha asked.

“Well, later Abinadi won’t deny God, so the king has him killed.”

“What?” exclaimed Sarah. “That’s awful.”

“Yeah, it’s really sad,” Keryn agreed. “But Alma, one of the king’s priests, really listens to Abinadi. He ends up teaching the gospel to lots of people.”

“That’s awesome,” Tasha said. “I read my Bible most days, but I didn’t bring it here.” Then she flipped onto her stomach and reached down to the bottom bunk.

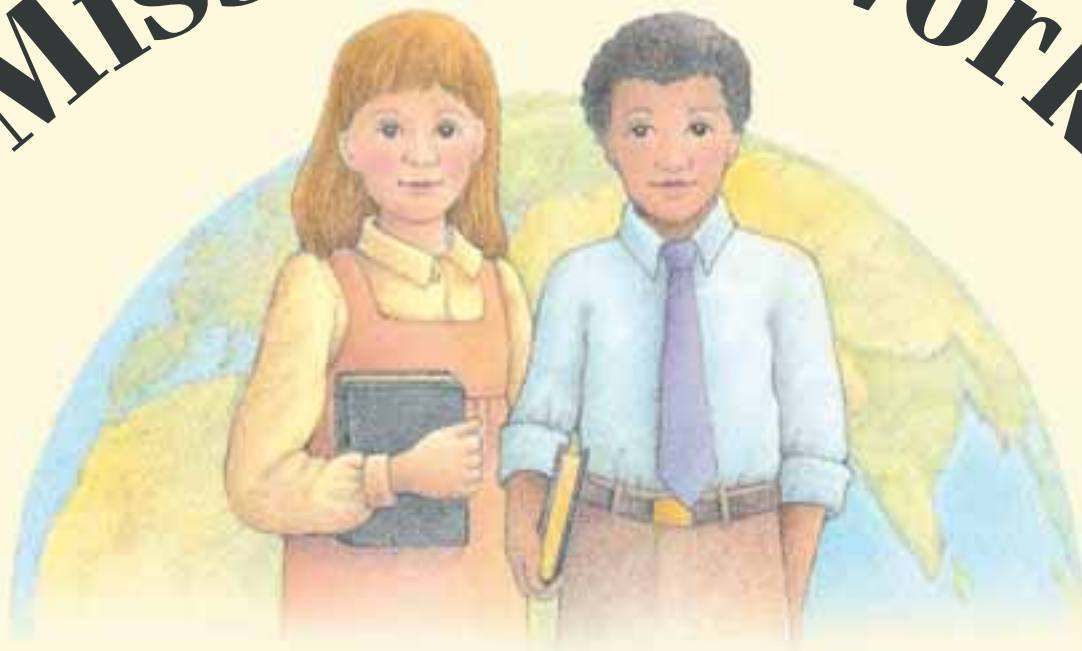
“Hey, Carol, did you see me jump in the lake?”

Keryn smiled as the conversation turned back to the day’s events. She was glad she hadn’t left her scriptures in her suitcase, glad her friends didn’t make fun of her, and glad she had a chance to tell them about the Book of Mormon.

She looked at Sarah, Carol, and Tasha, now talking about their craft projects, then turned back to her book and continued reading about Abinadi and King Noah. ●

Jennifer Jensen is a member of the Zionsville Ward, Indianapolis Indiana North Stake.

Missionary Work



You can prepare for a mission and help the full-time missionaries at the same time! For family home evening, choose some of these activities.

1. Sing a hymn or Primary song about serving a mission or sharing the gospel.
2. Look like a missionary.
 - ◆ Ask your family members to come to home evening dressed like missionaries if possible: boys in white shirts and ties and girls in dresses or skirts.
 - ◆ Cut out small squares of heavy paper to make missionary badges. Instead of writing your names, write one quality you would like to develop that would help you be a better missionary (for example, Elder Cheerful or Sister Humble). After family home evening, put the tags where they can remind you of your goals.
3. Give support to a missionary serving from your ward or branch by writing a letter thanking him or her for the important work he or she is doing.
4. Practice being a missionary now.
 - ◆ Think of questions people may have about the

gospel. Practice answering these questions.

- ◆ Invite the full-time missionaries or the ward or branch missionaries over to give a short message.
 - ◆ Pray for opportunities to share the gospel.
 - ◆ Gather one copy of the Book of Mormon for each family member (or one copy for the family to share). Write your testimony inside the front cover. Make a bookmark by cutting a strip of heavy paper. On the bookmark, draw a picture and list some of your favorite scriptures. Give the books and bookmarks to people who may be interested in the gospel.
5. Learn to share the scriptures. Have each family member write on small pieces of paper the references for three favorite scriptures. Fold the papers, and put them in a bowl. Take turns choosing scriptures from the bowl. The person to choose the scripture calls out the reference. Then everyone races to see who can find it first. That person reads the scripture out loud, then chooses the next scripture reference from the bowl. ●

Strengthening My Family

“And ye will not have a mind to injure one another, but to live peaceably” (Mosiab 4:13).

Even children can help strengthen a family—do you know how? Elder Robert D. Hales of the Quorum of the Twelve Apostles explained, “The key to strengthening our families is having the Spirit of the Lord come into our homes” (“Strengthening Families: Our Sacred Duty,” *Liabona*, July 1999, 38; *Ensign*, May 1999, 33). When you pray, study the scriptures, speak kindly, and remember to give thanks, you are strengthening your family! Doing these things invites the Holy Ghost.

The opposite of having the Spirit in our homes is having contention, or anger. When Jesus visited the Nephites, He taught, “He that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another” (3 Nephi 11:29).

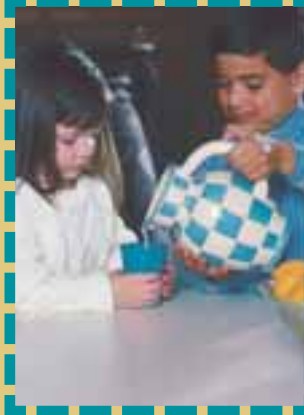
Disobedience and arguing drive the Spirit away. Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles said, “It is the duty of children to obey their parents, to learn, and to help with



household chores. They carry the scriptural charge not to contend and quarrel with one another” (“Let Every Man Learn His Duty,” *Ensign*, Nov. 1980, 70).

As you follow Church leaders’ counsel to be obedient and kind, the Spirit

will be with you, helping you strengthen your family. ●



FAMILY HOME EVENING ACTIVITIES AND IDEAS

1. Cut out the 12 pictures on this page; then cut 12 strips of paper to match the width of the pictures. Think about what principle or action each picture might represent and how it could strengthen your family. Glue or tape each picture to a strip of paper, and form a paper chain from the strips.

2. For a family home evening activity, discuss the 12 pictures on this page and cooperate to form the paper chain described in idea 1 (above). Have family members cut out extra strips and draw pictures of additional ideas on strengthening your family. Display the chain where you will be reminded that each link is important for the chain—or for your family—to be strong.

3. For a family home evening lesson or Primary talk, discuss Elder Robert D. Hales’s statement. Tell of a time when the Holy Ghost helped your family feel closer or prompted you to help a family member in need. Discuss ways you have been blessed for obeying your parents, and list ways to feel the Spirit in your home.



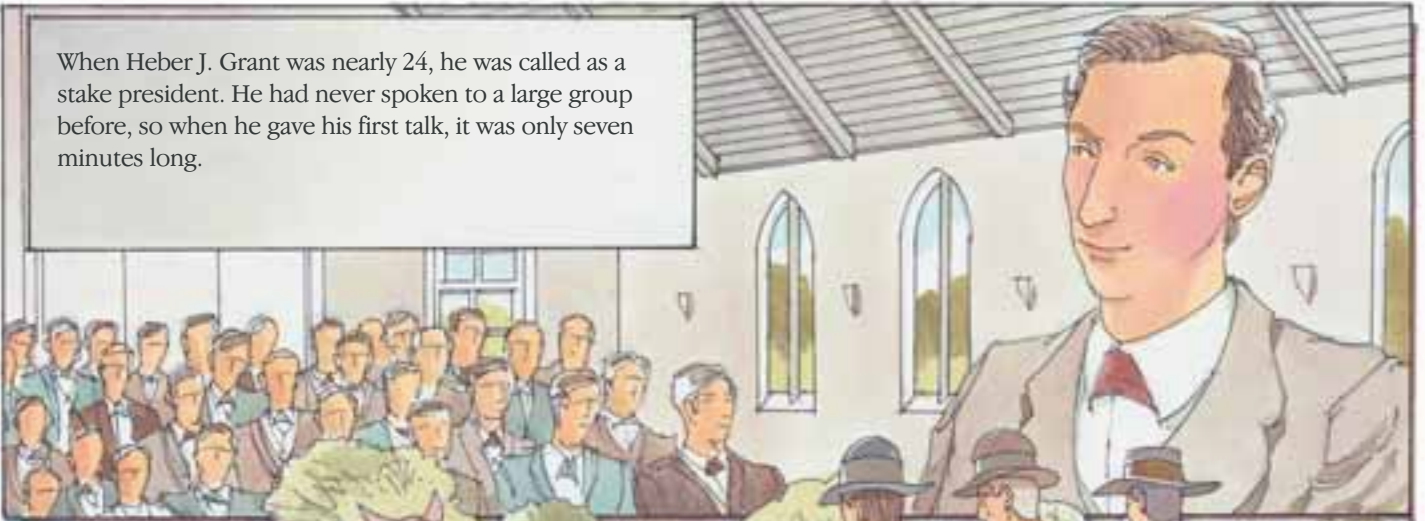


FROM THE LIFE OF PRESIDENT HEBER J. GRANT

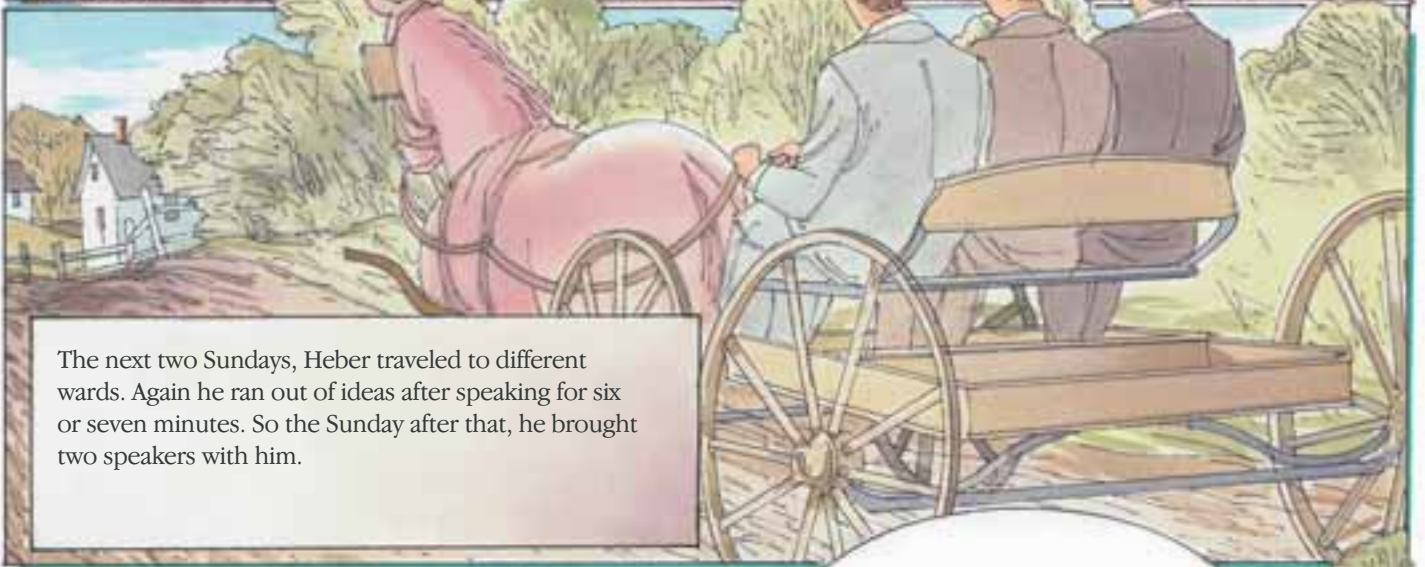
Speaking in Church



When Heber J. Grant was nearly 24, he was called as a stake president. He had never spoken to a large group before, so when he gave his first talk, it was only seven minutes long.

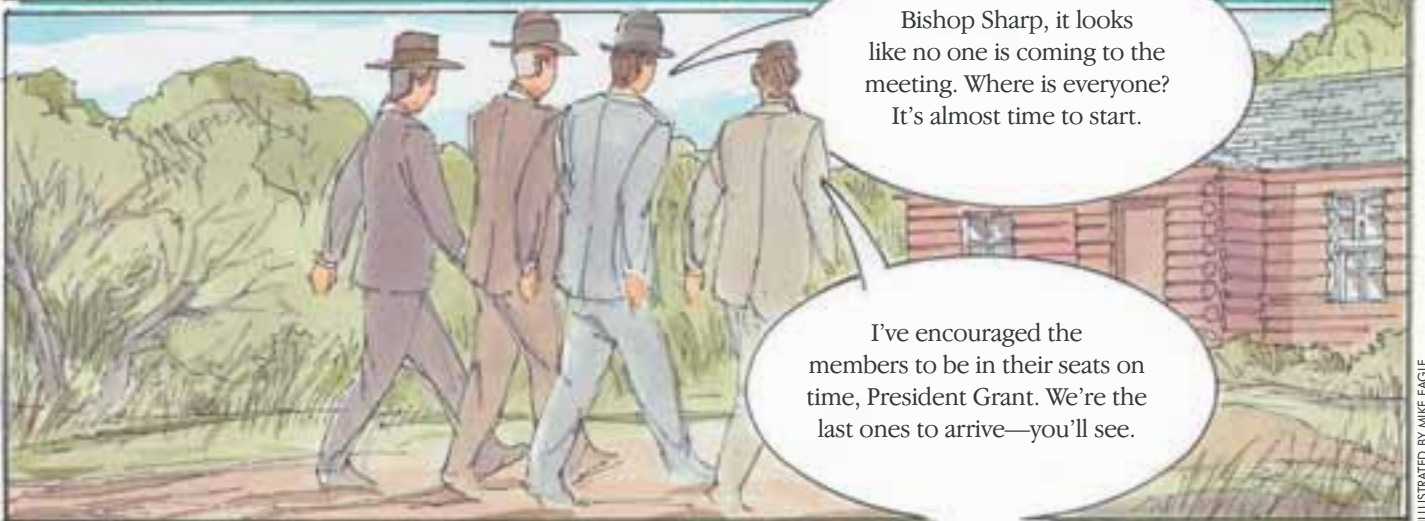


The next two Sundays, Heber traveled to different wards. Again he ran out of ideas after speaking for six or seven minutes. So the Sunday after that, he brought two speakers with him.



Bishop Sharp, it looks like no one is coming to the meeting. Where is everyone? It's almost time to start.

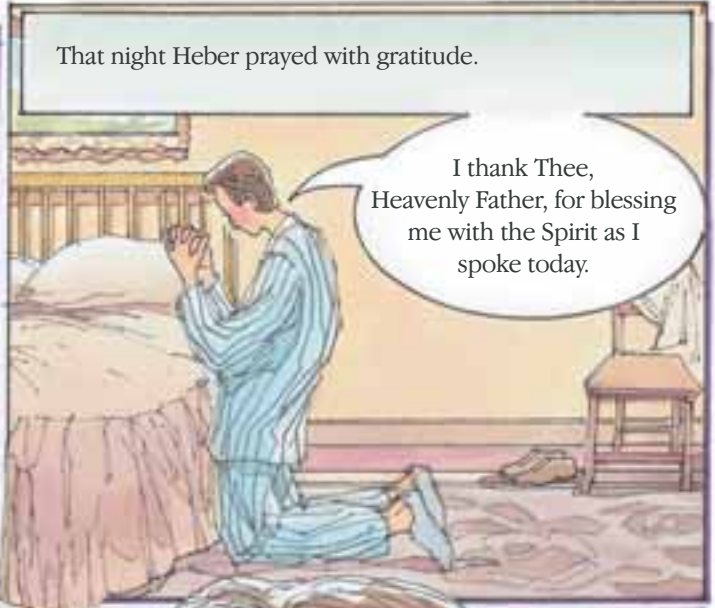
I've encouraged the members to be in their seats on time, President Grant. We're the last ones to arrive—you'll see.



ILLUSTRATED BY MIKE EAGLE

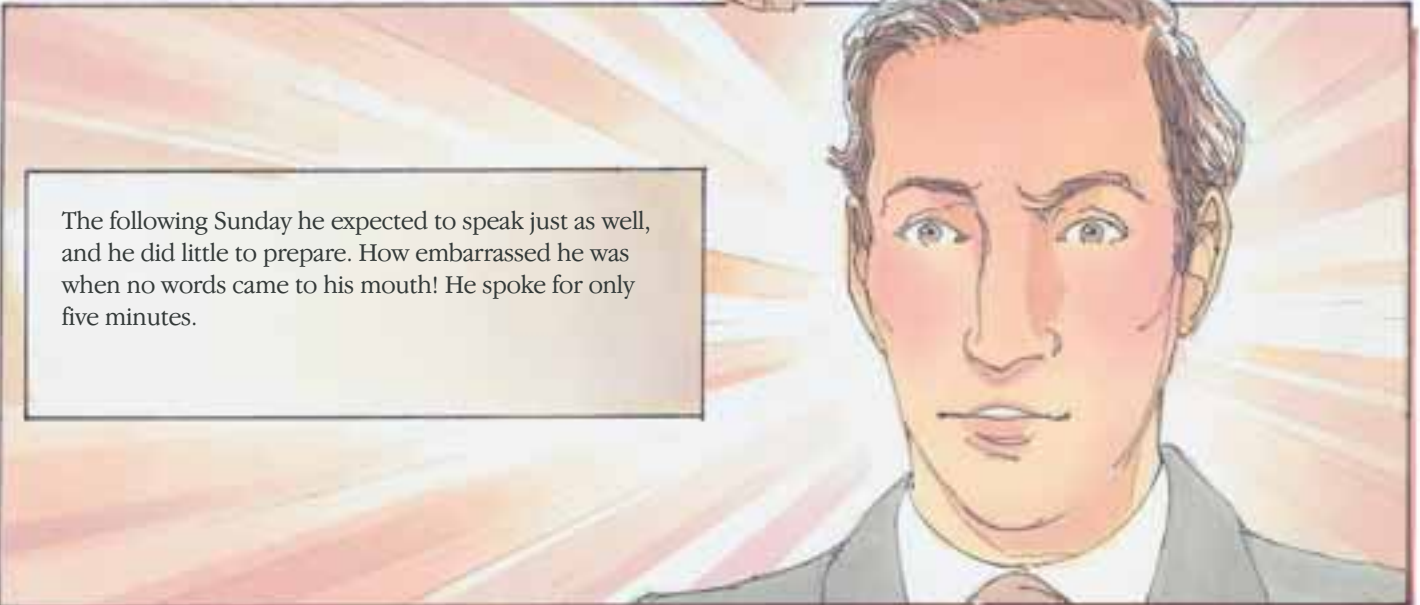


Inside the log meetinghouse, every seat was full! Heber thought he would speak for a few minutes, as usual. Instead, he spoke easily for nearly an hour. He felt the Spirit guiding him.

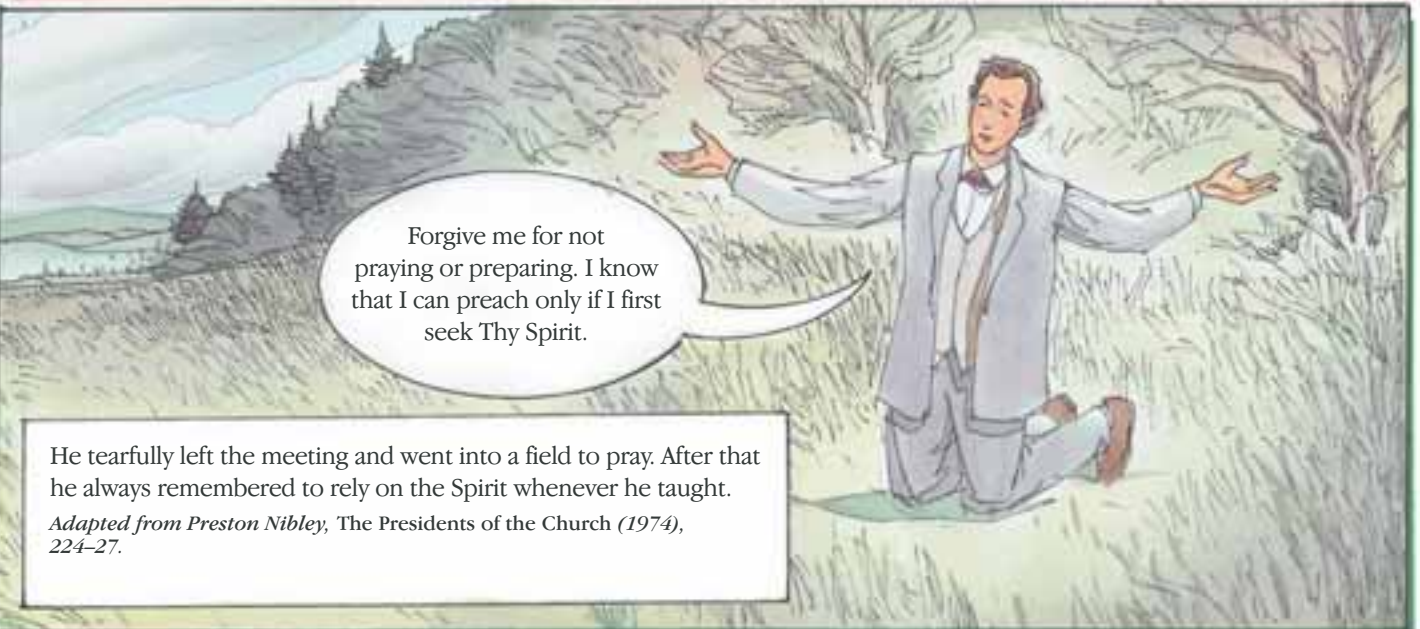


That night Heber prayed with gratitude.

I thank Thee, Heavenly Father, for blessing me with the Spirit as I spoke today.



The following Sunday he expected to speak just as well, and he did little to prepare. How embarrassed he was when no words came to his mouth! He spoke for only five minutes.



Forgive me for not praying or preparing. I know that I can preach only if I first seek Thy Spirit.

He tearfully left the meeting and went into a field to pray. After that he always remembered to rely on the Spirit whenever he taught.
Adapted from Preston Nibley, The Presidents of the Church (1974), 224-27.

Working for Jesus

“Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40).



From an interview with Sister Bonnie D. Parkin, Relief Society general president; by Monica Weeks, Church Magazines

I grew up in Herriman, Utah, a small community with only one ward. Every time we came into the chapel, we saw large pictures of the latter-day prophets of God. We memorized who they were, just like we memorized the Articles of Faith. Little things like that made a difference in who we became and what we felt as we grew up.

When I was about 10, my mother had an infection around the lining of her heart. There were five of us children in the family. We knew that Mother was very sick. We lived a long distance from the hospital, and in those days children weren't allowed to go into hospitals to visit patients. When we visited my mother, we stood outside

so she could look out the window and see us.

When we returned home, Father gathered us together in my parents' bedroom. We all knelt around the bed and prayed for Mother. After being in the hospital for a month, Mother got well. I have a testimony that our Father in Heaven hears and answers our prayers.

The summer after Mother came home was wonderful. Primary was grand! We had Primary on weekday mornings. One week we made little dolls out of stockings. Then we made them little leather dresses. We cut fringe into the bottom of the dresses and



1

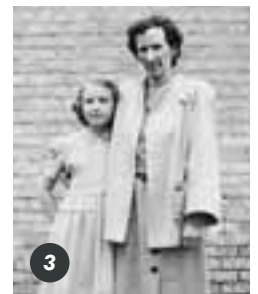
1. Clockwise from left: Jesse Dansie (father), Joyce, Rodney, Ruth (mother), Boyd, Bonnie, and Richard

2. About 9 months

3. With her mother



2



3

added beading. Then we braided hair. We also embroidered faces for them. We made them little beds out of cardboard and yarn.

Primary was the beginning of my testimony. I learned the gospel there and felt the Spirit through good music. I remember the leaders who taught us the songs with so much energy. Singing was fun! I don't remember anybody telling me what I was feeling, but it was the Spirit. That's the kind of power that good music has.

When I was in my last year of Primary, a wonderful older lady named Marth Christensen was our teacher. She helped us learn the Articles of Faith. To this day I still know the Articles of Faith because of what I learned in Primary. We visited Sister Christensen's home often. It was always a wonderful experience to be there. She taught us cooking skills, and we made cookies and candy. Sometimes we took the treats we had made to somebody who was homebound. The examples of wonderful teachers taught me to serve.

Our testimonies begin small, but they grow bigger as we progress. I believe that I was born with a believing heart, and I'm grateful for that. But many of the things that strengthened my beliefs were things that happened in Primary. It was a joyous time.

I also learned to serve in my family. I grew up watching

my parents and grandparents serve and care for others with love. It is important for children to serve alongside their parents. When a parent does something for someone else, you can deliver items or help in other ways. When you help your parents, you learn to serve as a family. Serving increases our testimonies of the Savior.

My husband, Jim, and I served a mission in England. One day when we called home and talked to our family, our three-year-old grandson James asked me, "Grandmother, do you work for Jesus?" It was wonderful to say to him, "Yes, we work for Jesus." When we serve in the Church, we're working for the Savior. I love Him, and I'm happy to serve Him wherever I am. ●



4



5



6

4. Doll she made in Primary

5. Around age 3 (second from left) with siblings Rodney, Richard, and Joyce

6. Sister Parkin's grandchildren



“He that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).

The Primary Lesson

BY JESSICA MAFRA FRADIQUE

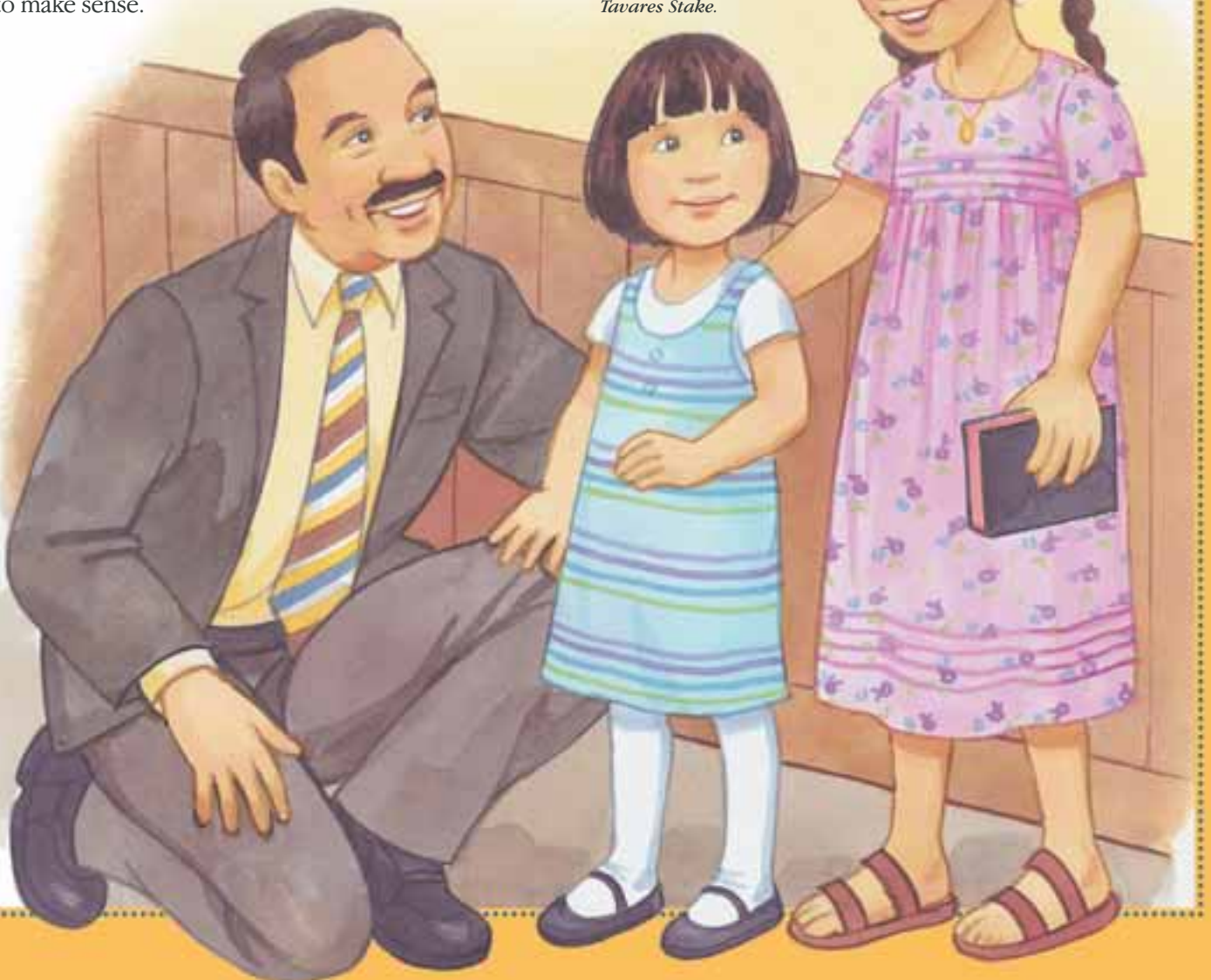
When I was eight years old, my Primary teacher gave a lesson that confused me. She said that after we die, we will be able to remember all the things we did while on the earth.

After class when I was going to sacrament meeting, I saw a little girl who was sad. Her parents were not around, so I knew she was lost. I played with her for a minute, but sacrament meeting was starting and I knew I should go in. I started to go into the chapel, but then I remembered what my teacher said. Her lesson started to make sense.

Heavenly Father and Jesus would know what I did. I knew that I should help that little girl.

I went back to get her. And soon her dad came back and found her. I’m grateful for Jesus’ example. And I’m grateful to my teacher for the lesson that helped me so much. ●

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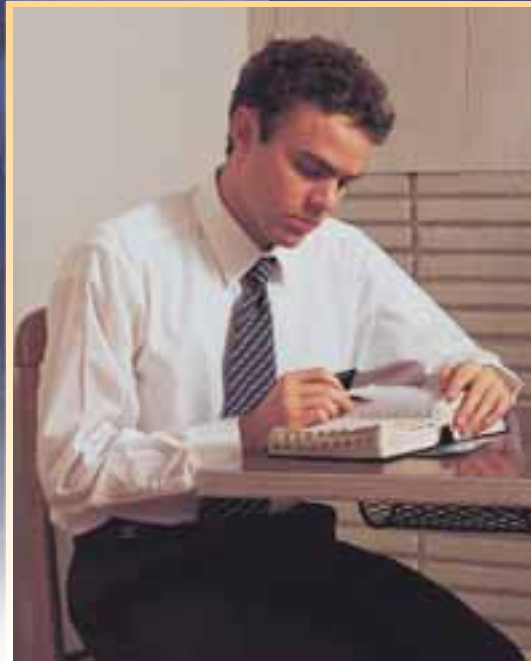




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Waters of Mormon, by Linda Curley Christensen

Alma gathered and taught the people, saying, "Behold, here are the waters of Mormon . . . and now, as ye are desirous to come into the fold of God, and to be called his people, . . . what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him" (Mosiah 18:8, 10).



The world is getting worse, but our capacity to teach the gospel is improving,” explains Elder Richard G. Scott. “We have missionaries for whom the gospel message is such a part of their very beings that at a corner bus stop they can give a one-and-a-half-minute overview, a five-minute overview. They are much better equipped to begin with individuals at whatever level they are on and to introduce them to the magnificent message of the Restoration.” See “Teaching from the Heart,” p. 8.